

May 2015

Lunch

Lunch:

P - 6 \$2.20 daily

7 - 12 \$2.30 daily

Milk/juice = 30¢

Milk, fresh fruit and vegetables served daily

Menu subject to change without notice

English Valleys is an equal opportunity provider

May 1	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch					Cheese stuffed breadsticks w/marinara sauce, lettuce salad, mixed fruit, milk
WEEKLY NUTRIENT AVERAGES: Grades K-8: Calories - 650 Sodium (mg) - 1164 Percentage of total calories from Sat. Fat - 7.9% Grades 9-12: Calories - 678 Sodium (mg) - 1100 Percentage of total calories from Sat. Fat - 8.3%					

May 4-8	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Chicken nuggets, mashed potatoes w/ gravy, green beans, peaches, milk	Spaghetti w/meat sauce, garlic bread, lettuce salad, pineapple tidbits, milk	Corn dog, oven fries, peas, pears, Cook's Choice (7-12), milk	Beef & noodles, mashed potatoes, corn, banana, rice crispy treat (7-12), milk	Hamburger w/bun, lettuce, tomato, tater rounds, cooked carrots, mixed fruit, milk
WEEKLY NUTRIENT AVERAGES: Grades K-8: Calories - 637 Sodium (mg) - 857 Percentage of total calories from Sat. Fat - 7.0% Grades 9-12: Calories - 784 Sodium (mg) - 1100 Percentage of total calories from Sat. Fat - 6.5%					

May 11-15	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Pork patty w/bun, Ranch wedges, carrots, pears, milk	Cheese pizza, lettuce salad, corn, mandarin oranges, baked potato bar (7-12), milk	Crispito, oven fries, green beans, peaches, milk	Taco salad, tortilla chips/salsa, refried beans, mixed fruit, cinnamon puff (7-12), milk	Pulled pork sandwiches, creamy cole slaw, baked beans, pineapple tidbits, brownie (7-12), milk
WEEKLY NUTRIENT AVERAGES: Grades K-8: Calories - 645 Sodium (mg) - 1066 Percentage of total calories from Sat. Fat - 8.2% Grades 9-12: Calories - 788 Sodium (mg) - 1162 Percentage of total calories from Sat. Fat - 7.4%					

May 18-22	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Sloppy joes/bun, tri tator, fresh carrots, orange wedges, milk	Chicken patty, roll & jelly, mashed potatoes w/gravy, green beans, pears, Cook's Choice (7-12), milk	Cold ham & cheese on bun, lettuce, tomato, sweet potato fries, banana, milk	Walking tacos, apple slices, milk	To be announced, milk
WEEKLY NUTRIENT AVERAGES: Grades K-8: Calories - 633 Sodium (mg) - 1154 Percentage of total calories from Sat. Fat - 7.2% Grades 9-12: Calories - 789 Sodium (mg) - 1165 Percentage of total calories from Sat. Fat - 6.8%					

BREAKFAST:

PLEASE NOTE: Milk choice includes a choice of non-fat (flavored or unflavored) or 1% milk (unflavored)

Fruit juice choice includes any 100% juice

LUNCH:

PLEASE NOTE: Milk choice includes a choice of non-fat or 1% milk

Reduced fat dressing is served with salads and fresh vegetables.

Fruit choices and alternate entrees are not included in the analysis. (9-12) or (7-12) means that those grades only get that extra item.

As you can see, the menus are based on calorie and sodium intake.

As your child gets older the more he or she will get to make a balanced diet.