

# Fun Fact!

Avocados contain 35% more potassium than a banana



## DAILY BREAKFAST CHOICES

Choose up to 2 Grain Choices such as cereal (=1), toast (=1), pancakes (=2), cinnamon Texas toast (=2) **OR** Choose 1 Grain and 1 Meat Choice such as a breakfast sandwich (=1G/1M)

**Must choose at least 1:**  
Fruit or Juice

**May Choose 1: Milk**

Low Fat White Milk, Fat Free Flavored or Skim Milk

## DAILY LUNCH CHOICES:

**Choose 1:** Entrée

**Must choose at least 1:** Fruit or Vegetable ( may choose up to 2 servings each of fruits & veggies with their meal )

## Available Daily:

Meatless Entrée, Entrée Salads, Cold Sandwiches, Variety of Fruits & Juices

**May Choose: 1 Milk;** Low Fat White, Fat Free Chocolate Flavored or Skim Milk

All menus are subject to change.

\*We do our best to provide our customers with all of our planned options, however, occasionally crops, weather & supplies have

# May

# San Jose Elementary School



Mon	Tue	Wed	Thu	Fri
<p>2 Pancake Pup</p> <p><b>Choose One:</b> Hamburger or Cheeseburger Max Snax Quesadilla Chef Salad /Turkey &amp; Cheese Hoagie <b>Choose:</b> Seasoned Curley Fries Salsa Cup Veggie Dippers</p>	<p>3 Bacon, Egg &amp; Cheese Pizza</p> <p><b>Choose One:</b> <b>**Cheeseburger Pizza**</b> Corn Dog Farmer's Salad Chicken Caesar Wrap <b>Choose:</b> Baked Beans Romaine Side Salad</p>	<p>4 Glazed WG Dunker</p> <p><b>Choose One:</b> Popcorn Chicken Macaroni &amp; Cheese Fruit &amp; Yogurt Plate Ham &amp; Cheese Croissant <b>Choose:</b> Steamed Broccoli Sliced Cucumbers</p>	<p>5 Chicken Biscuit</p> <p><b>Choose One:</b> BBQ Pork Bowl with Roll Grilled Cheese Sandwich Chicken Caesar Salad Italian Sub <b>Choose:</b> Tomato Soup Tossed Side Salad</p>	<p>6 Sausage Gravy Breakfast Toast</p> <p><b>Choose One:</b> Pizza Ocean Treasure Nuggets Chicken Popper Salad School Favorite Sandwich <b>Choose:</b> Corn Veggie Dippers</p>
<p>9 Blueberry Bash Mini Waffles</p> <p><b>Choose One:</b> Chicken Sandwich Cheesy Mac &amp; Beef w/Roll or Beef Ravioli with Roll Farmers Salad Turkey &amp; Cheese Hoagie <b>Choose:</b> Baked Beans Veggie Dippers</p>	<p>10 Sausage Biscuit</p> <p><b>Choose One:</b> <b>**Roasted Chicken w/Noodles &amp; Roll**</b> Mini Calzones Chef Salad/Chicken Caesar Wrap <b>Choose:</b> Sweet Potato Waffle Fries Marinara Cup/ Romaine Side Salad</p>	<p>11 Egg &amp; Cheese Breakfast Sandwich</p> <p><b>Choose One:</b> Beef Dippers with Rice Cheese Lasagna Roll Up Yogurt Parfait Ham &amp; Cheese Croissant <b>Choose:</b> Steamed Broccoli Sliced Cucumbers</p>	<p>12 Rich's Cinnamon Roll</p> <p><b>Choose One:</b> Breakfast for Lunch Bean &amp; Cheese Burrito Chicken Caesar Salad Italian Sub <b>Choose:</b> Deli Roasted Potatoes Tossed Side Salad</p>	<p>13 Ham &amp; Cheese Croissant</p> <p><b>Choose One:</b> Pizza Cheesy Fish Filet Sandwich Veggie Double Dipper Salad School Favorite Sandwich <b>Choose:</b> Green Beans Veggie Dippers</p>
<p>16 Breakfast Sausage Bagel</p> <p><b>Choose One:</b> <b>Meatloaf w/ Gravy</b> Max Sticks Chef Salad Turkey &amp; Cheese Hoagie <b>Choose:</b> Marinara Cup Mashed Potatoes Veggie Dippers</p>	<p>17 Cheese Omelet Pita</p> <p><b>Hot Dog</b> <b>OR</b> <b>Turkey Burger on Bun</b></p>	<p>18 Maple Pancake Minis</p> <p><b>Choose One:</b> <b>Mac &amp; Cheese</b> Chicken Nuggets Farmer's Salad Ham &amp; Cheese Croissant <b>Choose:</b> Seasoned Carrots Sliced Cucumbers</p>	<p>19 Apple Cinnamon Texas Toast</p> <p><b>Choose One:</b> <b>Cheesy Bread</b> Beef Tacos Chicken Caesar Salad Italian Sub <b>Choose:</b> Refried Fiesta Beans Tossed Side Salad</p>	<p>20 Chicken Breakfast Bites</p> <p><b>Choose One:</b> <b>Baja Fish Sticks w/ Hushpuppies</b> Pizza Veggie Double Dipper Salad School Favorite Sandwich <b>Choose:</b> Corn Veggie Dippers</p>
<p>23 Pancake Pup</p> <p><b>Choose One:</b> <b>Cheese Quesadilla</b> Hamburger/Cheeseburger Chef Salad Turkey &amp; Cheese Hoagie <b>Choose:</b> Seasoned Curley Fries Veggie Dippers</p>	<p>24 Bacon, Egg &amp; Cheese Pizza</p> <p><b>Choose One:</b> <b>Spaghetti w/ Meatballs</b> Corn Dog Farmer's Salad Chicken Caesar Wrap <b>Choose:</b> Baked Beans Romaine Side Salad</p>	<p>25 Glazed WG Dunker</p> <p><b>Choose One:</b> <b>Teriyaki Chicken w/rice &amp; Roll</b> Popcorn Chicken Fruit &amp; Yogurt Plate Ham &amp; Cheese Croissant <b>Choose:</b> Steamed Broccoli Sliced Cucumbers</p>	<p>26 Chicken Biscuit</p> <p><b>Choose One:</b> <b>BBQ Pork on Bun</b> Grilled Cheese Sandwich Chicken Caesar Salad Italian Sub <b>Choose:</b> Tomato Soup Tossed Side Salad</p>	<p>27 Sausage Gravy Breakfast Toast</p> <p><b>Choose One:</b> <b>Baja Fish Sticks w/ Hushpuppies</b> Pizza Chicken Popper Salad School Favorite Sandwich <b>Choose:</b> Corn / Veggie Dippers</p>
<p>30</p> <p><b>Memorial Day</b> <b>No School</b></p>	<p>31 Sausage Biscuit</p> <p><b>Choose One:</b> <b>Korean BBQ Chicken</b> Mini Calzones Chef Salad/Chicken Caesar Wrap <b>Choose:</b> Sweet Potato Waffle Fries Marinara Cup / Romaine Side Salad</p>	<p><b>SCHOOL LUNCH HERO DAY</b></p> <p>May 6, 2016</p>		

Visit [nutrislice.com](http://nutrislice.com) for Menu & Nutrition Information