

Damascus Elementary April May Lunch Menu

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What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

- Choice of Meat or Meat Alternate
- Choice of Vegetable, Choice of Fruit*
- Choice of Grain/Bread,
- and Choice of Milk
- *Students must choose at least one fruit or vegetable



Fresh Fruits and Vegetables Offered Daily

- *Vegetables may include:
 - Broccoli Florets
 - Baby Carrots
 - Dark Leafy Greens
 - Legume Salads
 - Celery & Cucumber
- *May choose two 1/2 cup servings
- *Fruits may include:
 - Crisp Apple
 - Sliced Peaches
 - Mixed Fruit
 - Fresh Orange
 - Banana
 - Pineapple Tidbits
 - Diced Pears
 - Applesauce
- *May choose one 1/2 cup serving

MENUS SUBJECT TO CHANGE



Milk Choices Offered Daily

Fat Free Chocolate, Fat Free White and Low Fat White

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
24 Mini Corn Dog Nuggets Steamed Green Beans Juicy Diced Peaches Fat Free Milk	25 Mac and Cheese Slice of Bread X-Ray Vision Carrots Sliced Pear Fat Free Milk	26 Pierogies Slice of Bread Steam Golden Corn Rainbow Applesauce Fat Free Milk HAM AND CHEESE MUNCHABLE	27 French Bread Pizza Steamed Peas Mixed Fruit Jell-O Fat Free Milk	28 Cheese Burger French Fries Mandarin Oranges Fat Free Milk
May 1 Chicken Tenders Slice Bread Steam Broccoli Pineapple Tidbits Fat Free Milk	2 BRUNCH FOR LUNCH French Toast Sticks Sausage Patty Tater Tots Warm Cinnamon Apple Slices Fat Free Milk	3 Grandmas Chicken Noodle Casserole Slice of Bread Seasoned Green Beans Juicy Peaches Fat Free Milk PIZZA DIPPER MUNCHABLE	MAY THE FORTH BE WITH YOU STAR WARS "Hans" Burger Darth Vader Taters Jedi juice Yoda Milk Asteroid Cookie	5 Hotdog or Chili Dog Baked Beans Apple Sauce Fat Free Milk
8 Deep Dish Pizza X-Ray Vision Carrots Mandarin Oranges Fat Free Milk	9 Meatball Hoagie Mozzarella Cheese Green Beans Mandarin Oranges Fat Free Milk	10 Roast Turkey and Gravy Biscuit Mashed Potatoes Apple Crisp Fat Free Milk HAM AND CHEESE MUNCHABLE	11 Homemade Pizza Power Punch Broccoli Raisins Fat Free Milk	12 Toasted Italian Hoagie Steamed Peas Apple Sauce Fat Free Milk
15 Mini Corn Dog Nuggets Mixed Vegetables Diced Peaches Fat Free Milk	16 Grandmas Kitchen Chicken Shepherds Pie Biscuit Mashed Potatoes and Gravy Mixed Fruit Jell-O Fat Free Milk	17 Pasta and Meatballs Slice of Bread Seasoned Green Beans Pineapple Tidbits Fat Free Milk NACHO AND CHEESE MUNCHABLE	18 Pierogies Slice of Bread Golden Corn Candied Apple Fat Free Milk	19 BBQ Riblet on Sub Roll Steam Broccoli Sliced Peas Fat Free Milk
22 Chicken Nuggets Slice of Bread Golden Corn Pineapple Tidbits Fat Free Milk	23 Mac and Cheese Slice of Bread Mixed Vegetables Sliced Peaches Fat Free Milk	24 Pancakes and Sausage Tater Tots Warm Apples Fat Free Milk HAM AND CHEESE MUNCHABLE	25 Cheese Burger Sweet Potato Fries Raisins Fat Free Milk	26 Ham and Cheese on a Pretzel Roll X-Ray Vision Carrots Mandarin Oranges Fat Free Milk
MONDAY Beef Tacos Tortilla Chips Slice Of Bread	TUESDAY Breaded Chicken Patty On a Bun	WEDNESDAY Grilled Cheese Sandwich	THURSDAY Popcorn Chicken Slice Of Bread	FRIDAY Pizza Sticks Dipping Sauce

The Foodservice Department is now accepting applications for cafeteria subs.
Please call 570-253-6083
If interested.

The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations.
EOE

Lunch Prices:
Paid K-5 \$2.60
Paid 6-8 \$2.85
Reduced \$.40



AVAILABLE DAILY
The Deli

Ham & Cheese Sandwich
Turkey and Cheese Sandwich
Peanut butter and Jelly
Buffalo Chicken Wrap

Chef Salad
Dinner Roll
New
Chicken Cesar Salad
Fruited Yogurt
Sunflower Seeds