

Preston 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	Weekly Choices
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 Cheese Burger French Fries Mandarin Oranges Fat Free Milk	28 French Bread Pizza Steamed Peas Mixed Fruit Jell-O Fat Free Milk	Ham & Cheese Sandwich Turkey and Cheese Sandwich Hot Wing Hoagie Breaded Chicken Caesar Dinner Roll Peanut butter and Jelly Fruited Yogurt Sunflower Seeds
May 1 Pasta and Meat Sauce 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 Mi	3 Wellness Wednesday Chicken Tenders Slice of Bread Seasoned Green Beans Diced Pears Fat Free Milk PIZZA DIPPER MUNCHABLE	STAR WARS MAY THE FORTH BE WITH YOU "Hans" Burger Darthvader Taters Jedi juice Yoda Milk Asteroid Cookie	5 Homemade Pizza Steamed Corn Strawberries Fat Free Milk	Ham & Cheese Sandwich Turkey and Cheese Sandwich Hot Wing Hoagie Chef Salad Dinner Roll Peanut butter and Jelly Fruited Yogurt Sunflower Seeds
8 Grandmas Chicken Noodle Casserole Slice of Bread Seasoned Green Beans Juicy Peaches Fat Free Milk	9 Hot Ham and Cheese on a Pretzel Roll Steamed Carrots Apple Sauce Fat Free Milk	10 Roast Turkey and Gravy Biscuit Mashed Potatoes Apple Crisp Fat Free Milk HAM AND CHEESE MUNCHABLE	11 Meatball Hoagie Mozzarella Cheese French Fries Mandarin Oranges Fat Free Milk	12 Deep Dish Pizza Power Punch Broccoli Raisins Fat Free Milk	Ham & Cheese Sandwich Turkey and Cheese Sandwich Hot Wing Hoagie Breaded Chicken Caesar Dinner Roll Peanut butter and Jelly Fruited Yogurt Sunflower Seeds
15 Walking Tacos Rice Steamed Corn Diced Peaches Fat Free Milk Molly The Cow Visits!	16 Popcorn Chicken Bowl Slice of Bread Mashed Potato Mandarin Oranges 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 Carrot Coins Candied Apple Fat Free Milk	19 Pizza Sticks Dipping Sauce Steam Broccoli Sliced Pears Fat Free Milk	Ham & Cheese Sandwich Turkey and Cheese Sandwich Hot Wing Hoagie Chef Salad Dinner Roll Peanut butter and Jelly Fruited Yogurt Sunflower Seeds
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 Brunch For Lunch 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 Homemade Pizza X-Ray Vision Carrots Mandarin Oranges Fat Free Milk	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

