

# LAFAYETTE-PERSHING SCHOOL MENU MAY 2017

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## BREAKFAST MENU

Choose at least 3 items; one item must be a ½ cup serving of a vegetable, fruit or fruit juice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cereal Bowl w/1 pk. Graham Crackers or Muffin Choice of: Vegetable, Fruit Cup, Juice, Milk	Mini Pancakes or Goldfish Cracker w/Yogurt Choice of: Vegetable, Fruit Cup, Juice, Milk	Bagel w/Cream Cheese or Cereal Bowl w/1 pk. Graham Crackers Choice of: Fruit Cup or Juice Vegetable, Fruit Cup, Juice, Milk	Goldfish Cracker w/Yogurt or Cereal Bowl w/1 pk. Graham Crackers Choice of: Vegetable, Fruit Cup, Juice, Milk	Cereal Bowl w/1 pk. Graham Crackers or Mini Waffle Choice of: Vegetable, Fruit Cup, Juice, Milk
<b>LUNCH MENU</b>				
<b>May. 1</b>	<b>May. 2</b>	<b>May. 3</b>	<b>May. 4</b>	<b>May. 5</b>
Chicken Nuggets w/ WG Bread Slice Glazed Carrot Coins French Fries Fruit Cup	Meatball Sandwich on WG Torpedo Roll Seasoned Broccoli Carrot Sticks w/Dip Fruit Cup	Meat & Cheese Hoagie on WG Torpedo Roll Glazed Carrot Coins Celery Sticks w/Dip Fruit Cup	Beef Tacos (2) w/Brown Rice, Fixins & Salsa on Taco Shells Carrot Sticks w/Dip Black Beans Corn Niblets Fruit Cup	Whole Grain Pizza w/wo Toppings Carrot Sticks w/Dip Tossed Garden Salad Fruit Cup
<b>May. 8</b>	<b>May. 9</b>	<b>May. 10</b>	<b>May. 11</b>	<b>May. 12</b>
Hot Dog on WG Bun Glazed Carrot Coins Vegetarian Beans Fruit Cup	Cheese Quesadilla w/Fixins & Salsa on WG Tortilla Wrap (2) Carrot Sticks w/Dip French Fries Fruit Cup	Beef A Roni w/ WG Breadstick Glazed Carrot Coins Seasoned Green Beans Fruit Cup	Chicken Stir Fry w/ Oriental Vegetables Carrot Sticks w/Dip Brown Rice Fruit Cup	Whole Grain Pizza w/wo Toppings Carrot Sticks w/Dip Seasoned Broccoli Fruit Cup
<b>May. 15</b>	<b>May. 16</b>	<b>May. 17</b>	<b>May. 18</b>	<b>May. 19</b>
Cheeseburger on WG Bun Glazed Carrot Coins French Fries Fruit Cup	Chicken Nuggets w/ WG Bread Slice Carrot Sticks w/Dip Mashed Potatoes Fruit Cup	WG Pasta w/Meat Sauce and WG Bread Stick Glazed Carrot Coins Seasoned Mixed Vegetables Fruit Cup	Whole Grain Pizza w/wo Toppings Carrot Sticks w/Dip Seasoned Spinach Fruit Cup	SCHOOL CLOSED:  STAFF IN-SERVICE
<b>May. 22</b>	<b>May. 23</b>	<b>May. 24</b>	<b>May. 25</b>	<b>May. 26</b>
French Toast Sticks w/ Sausage Patty Glazed Carrot Coins Hash Brown Potato Fruit Cup	Meat & Cheese Hoagie on WG Torpedo Roll Carrot Sticks w/Dip Celery Sticks w/Dip Fruit Cup	Fish Filet on WG Bun WG Pasta Salad Carrot Sticks w/Dip Mashed Potatoes Fruit Cup	Chicken Tacos w/Brown Rice, Fixins & Salsa on WG Tortilla Wraps (2) Carrot Sticks w/Dip Black Beans Corn Niblets Fruit Cup	Whole Grain Pizza w/wo Toppings Carrot Sticks w/Dip Seasoned Broccoli Fruit Cup
<b>May. 29</b>	<b>May. 30</b>	<b>May. 31</b>		
SCHOOL CLOSED:  MEMORIAL DAY	Chicken Nuggets w/ WG Bread Slice Carrot Sticks w/Dip French Fries Fruit Cup	BBQ Cheeseburger on WG Bun Glazed Carrot Coins Vegetarian Beans Fruit Cup	This institution is an equal opportunity provider. ~~~~~ El USDA es un proveedor y empleador que ofrece igualdad de oportunidades.	<b>EMPLOYMENT OPPORTUNITIES !</b> Substitute Food Service Workers needed. Contact (856) 299-6300 ext. 3225 for more information.

Colleen M. Green, Food Service Director (856) 299-6300 Ext. 3225

CAUTION: Common food allergen triggers-such as, but not limited to, dairy, eggs, fish, milk, nuts, soy and wheat may have come in contact with some or all of the foods served due to cross-contamination possibility in manufacturing or service and preparation.

**BREAKFAST SERVICE EVERY DAY IN THE CAFETERIA. ALL STUDENTS ARE WELCOME!**

**PAID BREAKFAST: \$1.50**  
**REDUCED BREAKFAST: \$.30**

Breakfast Includes:  
Choice of up to 2 bread/grains,  
1 cup of fruit and 1milk.  
Students must select at least 3 food items including at least ½ cup of vegetable, fruit or fruit juice.

**PAID LUNCH: \$2.55**  
**REDUCED: \$.40**

Lunch Includes:  
Milk, Fruit, Vegetable,  
Whole Grain (WG) and  
Meat/Meat Alternate  
Students must select one (1) serving of fruit or vegetable with their lunch

**ALTERNATE LUNCH CHOICES DAILY:**

PB & J on WG Bread  
w/Cheese Stick or Yogurt  
or Tuna on WG Bread

**VARIETY OF MILK DAILY LOW FAT/FAT-FREE**

**FRESH FRUIT AVAILABLE EVERY DAY**

**SNACKS and BEVERAGES AVAILABLE FOR PURCHASE**

**PLEASE KEEP A POSITIVE BALANCE IN YOUR CHILD'S MEAL ACCOUNT**

**MAKE ONLINE PAYMENTS AT [WWW.PAYPAMS.COM](http://WWW.PAYPAMS.COM)**

**MENU SUBJECT TO CHANGE**

**Website of the Month:**  
[www.nationaldairycouncil.org](http://www.nationaldairycouncil.org)