

PAUL W. CARLETON SCHOOL MENU

MAY 2017

pgcpschools.org

LUNCH MENU				
May. 1	May. 2	May. 3	May. 4	May. 5
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
May. 8	May. 9	May. 10	May. 11	May. 12
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
May. 15	May. 16	May. 17	May. 18	May. 19
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
May. 22	May. 23	May. 24	May. 25	May. 26
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
May. 29	May. 30	May. 31		
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.	EMPLOYMENT OPPORTUNITIES ! 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				

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

MENU SUBJECT TO CHANGE

Website of the Month:
www.nationaldairyCouncil.org

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.