

**Lunch pricing…**

$2.80 – Students / $3.75+Tax - Adults

Reduced =FREE – FRLP\* Participants

Lunch Includes:

Protein, Bread/Grain, Vegetable, Fruit and Choice of Fat-Free White, Chocolate or 1% White (8 oz.).

**For Summer Meal Information Call National Hunger Hotline at 1-866-3-HUNGRY or**

**1-877-8-HAMBRE**

**Offerings: Sandwiches w or w/o Cheese: Mon** – Turkey, **Tues**– Egg Salad, **Wed**– Salami (or Cheese Sand), **Thurs** – Roast Chicken Breast, **Fri** – Bologna.

**Salads: Mon** – Chef, **Tues** – Chicken Caesar, **Wed –**Tuna Salad**, Thurs –** Egg Salad, **Fri –** SW Chicken / Cheese

***Chicken n’ Waffles***

Chicken Tenders, WG Waffles,

Steamed Green Beans

Oranges



**25**

***Burger Bonanza…***

Beef Burger or Veggie Patty on Whole Grain Roll

Sliced Lettuce & Tomato Salad

Vegetarian Baked Beans

Oven Fries

Apple Sauce

**18**

***Breakfast for Lunch***

French Toast Sticks

Turkey Sausage Patty

Sliced Cucumbers

Fresh Fruit

Early Dismissal

No Lunch is Served

***Breakfast for Lunch***

WG Waffles,

Turkey Sausage Patty

Sliced Cucumbers

Cinnamon Apple Sauce

***Meatless Monday***

Whole Grain Macaroni & Cheese

Whole Grain Dinner Roll

Spinach Salad

Carrot Coins

Cantaloupe Cuts

***Taco Tuesday:***

Tacos w/Chicken Taco Meat or Veggies w/ 1oz Cheese

Salsa

Brown Rice

Black Bean & Sweet Corn

Banana

**8**

WG Chicken Patty on or off the WG Bun

Served with

Oven Baked Fries

Steamed Broccoli

Oranges

**7**

***Burger Bonanza…***

Beef Burger or Veggie Patty on Whole Grain Roll

Sliced Lettuce & Tomato Salad

Vegetarian Baked Beans

Potato Wedges

Fresh Fruit Salad

**4**





**Daily Lunch Offerings:**

Side Salad - 1 Cup Dark, Leafy Greens Topped w/Seasonal Produce

Fruits and Vegetables - A Variety of Fresh Fruits & Vegetables in 1/2 Cup Portions

Sunflower Seed Spread & Grape Jelly Sandwiches on WG Bread

Yogurt Parfait: All-Natural Yogurt w/Granola & Fruit

***\*\* Water stations are available with all meals\*\*\* WG=Whole Grain***

Wellness Wednesday

Baked Ziti w. Ricotta Cheese

WG Break Sticks

Steamed Green Beans

Garden Salad

Watermelon

**21**

***Nacho Tuesday:***

Chicken Taco Meat w/ Corn Chips Rounds

1oz Cheese Sauce,

Salsa & Sour Cream

Black Bean & Sweet Corn

Banana

**22**

***Chicken Dipp’in***

WG Chicken Tenders choice of Sauces

Vegetarian Baked Beans

Seasoned Carrot Coins

Cantaloupe Cuts

**Beacon Street Café**

Whole Grain Cheese Breadsticks (2)

Vegetarian Tomato Sauce

Carrot Sticks

Grapes

**2**

**15**

**3**

**9**

Villa Maria Pizza

WG Breadstick

Carrot Sticks

Apple Slices

**24**

Wellness Wednesday

Whole Grain Pasta with Traditional Meat Sauce or Marinara

Whole Grain Dinner Roll

Roasted Cauliflower

Melon Cuts

**16**

**14**



**23**

**Murray Avenue Elementary School**

**May 2018**

**More info…**

If you have any questions, please call Sandra Renken in the Food Services Department at (914) 220-3038

\*Free or Reduced Lunch Program. To Apply, Visit mamkschools.org/parents-community/food-services.

If your child has a food allergy, please contact your school nurse.

***South of the Border***

Baked Tostitos Scoops served with Seasoned Chicken Taco Meat with 1oz Cheese

Brown Rice,

Pinto Beans

Sweet Corn

Orange Wedges

Regardless of portion size, the FSMC is responsible for meeting all requirements under the Final Rule Nutrition Standards in the National School Lunch and School Breakfast Programs. This includes Min-Max calories, Saturated Fat, Sodium, specific component offers for all fruits, vegetables, grains, meat/meat alternates and milk.

**1**

WG Deeeep Dish Cheese Pizza – Individual Serving

Carrot Sticks

Grapes

**17**

**28**

***All American Lunch***:

Grilled Cheddar Cheese on WG Bread

Homemade Tomato Soup

Celery Sticks

Fresh Fruit Salad

**113**

Villa Maria Pizza

WG Breadstick

Carrot Sticks

Apple Slices



**10**

**29**

**30**