








# May 2019

# st martin of tours

Mon	Tue	Wed	Thu	Fri
		<p>1 Meatloaf Peas Mashed Potatoes WG Dinner Roll Fruit Milk</p>	<p>2 Fish Sticks Cheesy Potatoes Graham Bites Fruit Milk</p>	<p>3 Cheese Pizza Salad Rice Krispie Treat Fruit Milk</p> 
<p>6 Salisbury Steak Green Beans WG Dinner Roll Fruit Milk</p>	<p>7 French Toast Sticks Turkey Sausage Hash Browns Fruit Milk</p>	<p>8 Meatball Hoagie WG Bun Corn Cheese Stick Fruit Milk</p>	<p>9 Walking Taco Shredded Lettuce Carrots Graham Bites Fruit Milk</p> 	<p>10</p> 
<p>13 Sloppy Joe WG Bun Carrots Yogurt Fruit Milk</p>	<p>14 Chicken Patty WG Bun Baked Beans Pudding Fruit Milk</p>	<p>15 Pancakes Turkey Sausage Hash Brown Fruit Milk</p>	<p>16 Chili Mac Salad Crackers Fruit Milk</p>	<p>17 Fiesta Sticks Cheese Sauce Corn Rice Krispie Treat Fruit Milk</p>
<p>20 WG Biscuits w/ Sausage Gravy Hash Brown Yogurt Fruit Milk</p>	<p>21 Corn Dog Baked Beans Cheese Stick Fruit Milk</p>	<p>22 Hamburger Potato Wedges Pudding Fruit Milk</p> 	<p>23 Chicken Nuggets Mac &amp; Cheese Carrots Fruit Milk</p>	<p>24 Cheese Pizza Salad Rice Krispie Treat Fruit Milk</p>
<p>27</p> 	<p>28 National School Lunch Guidelines Students Must take at least 3 of the 5 Food Components and 1 of those 3 components Must be a Fruit or a Vege-table Each Meal</p>	<p>29 National School Lunch consists of 5 Food Components ( 8 oz fat free / 1% Milk, 1/2 cup Fruit, 3/4 cup Vegetable, 1-2 servings Bread / Grains, &amp; 2 oz Meat / Meat Alternate ) Each Day</p>	<p>30 This institution is an equal opportunity employer</p>	<p>Prices: Lunch \$2.80 Extra \$1.25 Milk \$0.50</p>