

May 2018

George O Barr Elementary Breakfast & Lunch Menu

Monday

Tuesday

Wednesday

Thursday

Friday

1

- Smoothie
- Chocolate Elf Grahams
- Grapes
- Meat & Cheese Nachos
- Fruit & Vegetable Choices
 - Apple Slices
 - Refried Beans
 - Salsa

2

- Frosted Strawberry Pop-Tart
- String Cheese Stick
- Banana
- Philly Cheesesteak Sandwich
- Fruit & Vegetable Choices
 - Honeydew Wedge
 - Baked Tater Tots
 - Pepper Strips

3

- Chocolate Muffin
- Yogurt
- Orange Slices
- Chicken Nuggets
- Dinner Roll
- Fruit & Vegetable Choices
 - Watermelon Wedge
 - Mashed Potatoes

4

- Mini Cinnamon Rolls
- Sliced Peaches
- Cheese Pizza
- Fruit & Vegetable Choices
 - Fruit Choice
 - Vegetable Choices
 - Green Beans

7

- Maple Glazed French Toast Sticks
- Syrup
- Applesauce
- Mini Corn Dogs (turkey)
- Fruit & Vegetable Choices
 - Cantaloupe Wedge
 - Baked Beans
 - Celery Sticks

8

- Mini Breakfast Pizzas
- Sliced Peaches
- Walking Taco
- Fruit & Vegetable Choices
 - Apple Slices
 - Carroteenies
 - Diced Tomatoes

9

- Assorted Cereal
- Bug Bite Graham Crackers
- Banana
- Turkey & Cheese Sandwich
- Reduced Fat Doritos
- Fruit & Vegetable Choices
 - Fruit Cocktail
 - Broccoli Florets
 - Corn

10

- Breakfast Bites
- Syrup
- Pineapple Tidbits
- Mandarin Orange Chicken
- Fruit & Vegetable Choices
 - Sliced Pears
 - Vegetable Fried Rice
 - Sugar Snap Peas

11

- Assorted Cereal Bars
- Yogurt
- Mandarin Oranges
- Pizza Crunchers
- Fruit & Vegetable Choices
 - Peaches
 - Vegetable Choices
 - Green Beans

14

- Oatmeal Bar
- Sliced Pears
- Hot Dog (turkey)
- Fruit & Vegetable Choices
 - Grapes
 - BBQ Baked Beans
 - Celery Sticks

15

- Bacon Scramble Pizza (turkey)
- Fresh Strawberries
- Fiestada Pizza/Taco Pizza
- Fruit & Vegetable Choices
 - Orange Slices
 - Cucumber Slices
 - Shredded Lettuce
 - Diced Tomatoes

16

- Blueberry Muffin
- Yogurt
- Banana
- Spaghetti w/ Meat Sauce
- Garlic Bread
- Fruit & Vegetable Choices
 - Sliced Pears
 - Chopped Romaine
 - Mixed Fruit

17

- Assorted Cereal Bars
- Vanilla Goldfish Crackers
- Mixed Fruit
- Popcorn Chicken
- Fruit & Vegetable Choices
 - Watermelon Wedge
 - Mashed Potatoes
 - Carroteenies

18

- Strawberry Parfait
- Applesauce
- Scooby Doo Graham Crackers
- Hamburger
- Fruit & Vegetable Choices
 - Peaches
 - Vegetable Choices
 - Green Beans

21

- Blueberry Bash Mini Waffles
- Fresh Pineapple Wedge
- Nacho Bites
- Fruit & Vegetable Choices
 - Honeydew Wedge
 - Refried Beans
 - Salsa
 - Kiwi

22

- Breakfast Sandwich
- Fresh Berries
- Chicken Nuggets
- Dinner Roll
- Fruit & Vegetable Choices
 - Mixed Fruit
 - Mashed Potatoes
 - Chopped Romaine

23

- Frosted Fudge Pop-Tart
- Colby Jack Cheese Stick
- Banana
- Teriyaki Chicken
- Fruit & Vegetable Choices
 - Fruit Choices
 - Vegetable Choices
 - Vegetable Fried Rice

24

- Cinnamon Glazed French Toast Sticks
- Syrup
- Sliced Peaches
- Galaxy Cheese Pizza
- Fruit & Vegetable Choices
 - Fruit Choice
 - Vegetable Choices
 - Green Beans

25

Cook's Choice

$\frac{1}{2}$ DAY SCHOOL
NO LUNCHES

28

NO SCHOOL
MEMORIAL DAY

29

Cook's Choice

30

- Cook's Choice
- Turkey & Cheese Sandwich
- Sun Chips
- Fruit & Vegetable Choices
 - Apple Slices
 - Broccoli Florets
 - Baby Carrots

31

Cook's Choice

Did you Know...

The birthstone of May, the emerald, symbolizes success and love.

Breakfast

Our breakfast includes all items listed plus a choice of milk and juice.

Lunch

Our lunch includes all items listed plus a choice of milk.

Fruit & Veggie Choices
Students get to choose from a variety of fruits & Veggies!

Fat free ranch offered daily for fresh vegetables.

For a color version of this menu and nutrition information, check out the food service department on the district website:
www.silvis34.net

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*Menu subject to change without notice