

BIRCH GROVE PRIMARY SCHOOL

Menus for May 2018



DID YOU KNOW?

There are so many apple varieties that if you were to eat an apple a day, it would take you over 27 years to try them all. (And more kinds are produced every year!)



AVAILABLE DAILY

Each meal includes an entrée with a whole grain, a choice of vegetables (students may select two), a variety of fruits and low-fat or fat-free milk (plain or flavored). Each child must select at least three of the five components including a fruit or vegetable to create a meal. Without a fruit or vegetable, a la carte prices must be charged for each item.
All Main Dish Grain Items Are Whole Grain Rich!

LUNCH PRICE \$ 2.90

ALA CARTE MILK .70

Tuesday, May 1

Hot Dog
on a Bun

Yogurt & Cereal
Plate

Cowboy
Caviar

Wednesday, May 2

Mini Ravioli with
Meatballs & Cheesy
Garlic Breadsticks

Chicken Tender
Wrap

Celery Sticks

Thursday, May 3

Chicken Nuggets
with a side of Pasta
Alfredo

Turkey & Cheese
Sandwich with Fun
Size Chips

Fresh Baked Sweet
Potato, with
cinnamon spread

Friday, May 4

Mini Corn Dog
Nuggets

Cinnamon Ham &
Waffle Breakfast
Sandwich with
Roasted Vanilla
Apples

Oven Fries

Monday, May 7

Popcorn Chicken
with a Soft Roll

Grilled Cheese
Sandwich

Green Beans

Tuesday, May 8

Pizza Dippers with
Marinara Sauce

Yogurt Parfait
with a Soft
Pretzel

Baked Beans

Wednesday, May 9

Pasta & Meatballs
with Cheesy Garlic
Breadsticks

Ham Sandwich with
fun-sized chips

Broccoli Salad

Thursday, May 10

Freshly Made White
or Red Pizza

Tangerine Chicken
Asian Rice Bowl

Roasted Carrot
Fries

Jello with Whipped
Topping

Friday, May 11

Early Release

Fun Shaped Chicken
Nuggets with a Roll

Fish Sticks with a
side of Macaroni &
Cheese

Corn
Salad

BREAKFAST OFFERINGS

8:30-8:50 - Pick up in the cafeteria and bring to your classroom to eat!

Students must select at least three out of four food items offered including one fruit or fruit juice:

- 1. Milk ~ Choice either skim, low fat white, or nonfat flavored milk.**
- 2. Fruit ~ May take one fruit juice and one fruit or two fruits but must select at least one or the other. Choices include 100% fruit juice, fresh, cupped or dried fruit.**

Typical selections daily

Students may select one or two of the following items, depending on the offerings of the day

- 3. Bread/Grains ~ Assorted cereal (daily), whole grain bagel, cereal bars, whole grain muffins and breads, breakfast buns, waffles, pancakes or French toast**
- 4. Protein Choices ~ Chicken Sausage, eggs, cheese sticks, yogurt, sunflower or pumpkin seeds**

Breakfast is \$1.75 for full paying students, .30 for those qualifying for reduced meals and free for those qualifying for free meals. Students may use their meal account to purchase breakfast.

Menu subject to change.

Monday, May 14

MEATLESS MONDAY!

Cheese or Veggie
Pizza

Scrambled Eggs &
Pancakes

Vegetable Medley

Tuesday, May 15

Nacho's with Cheese
Sauce and Taco Meat

Yogurt Parfait
with a Soft Pretzel

Anthony's
2-Bean Salad

Wednesday, May 16

Mini Ravioli with
Meatballs & Cheesy
Garlic Breadsticks

Tuna Sandwich on a
Goldfish Roll with
Goldfish Pretzels

Broccoli Trees with
Dressing

Thursday, May 17

Hot Dog on a Bun

Cheeseburger
on a Soft Bun

Sweet Potato
Fries

Friday, May 18

Chicken Nuggets
with a Soft Pretzel

Yogurt & Bagel
Plate

Chilled Confetti
Peas & Corn

take time for
**school
BREAKFAST**



Monday, May 21

MEATLESS MONDAY!

Freshly Made Cheese
or
Veggie Pizza

Cereal & Yogurt
Plate

Garlic Parmesan
Green Beans

Tuesday, May 22

Hot Dog
on a Bun

French Toast
with Sausage

Baked Beans

Wednesday, May 23

Pasta & Meatballs
with Cheesy Garlic
Breadsticks

Hard Boiled
Egg Plate
*A whole egg with fresh
veggies, cheese slice and
a soft pretzel*

Crunchy Carrots

Thursday, May 24

Fun Shaped Chicken
Nuggets with a Soft
Roll

Freshly Made Chili
with Tortilla Chips

Mashed Potato

"Happy Birthday"
Sugar Cookie Treat

Friday, May 25

Early Release

Popcorn Chicken
with a Soft Roll

Turkey Grinder
with fun-sized chips

Steamed Broccoli

**NATIONAL SCHOOL
NUTRITION EMPLOYEE
WEEK MAY 7-11**

**Don't be fooled
by the apron.**

There are special folks on the staff at our school whose job is to help improve students' concentration and classroom participation, increase standardized test scores, and make sure our kids stay healthy and ready to learn. And, amazingly, these members of our educational team perform all of these impressive feats while wearing an apron!

Our child nutrition employees may not see the inside of a classroom very often, but they do make a daily contribution to your child's educational success.

It's really a very simple recipe: research shows that kids who eat well learn better. So the hard work that gets done in our school restaurants every day isn't just about preparing and serving meals to our kids. It's also about helping to make good education possible.

We're proud of the people who do all of that hard work, largely unseen by parents, students, and other staff members. Please join us in saying thanks to our dedicated employees during this year's School Nutrition Employee Week, May 4-8. And don't be fooled by the aprons – these folks help work miracles for our kids every day!

Monday, May 28



Tuesday, May 29

Chicken Patty
on a Soft Bun

Yogurt & Muffin
Plate

Herbed Chick Pea
Salad

Wednesday, May 30

Mini Ravioli with
Meatballs & Cheesy
Garlic Breadsticks

Turkey Sandwich
with fun-sized chips

Fruited Spinach
Salad

Thursday, May 31

Mini Corn Dog
Nuggets

Pepperoni or Cheese
Pizza

Butternut
Squash

DID YOU KNOW?

Pineapples are international symbols of welcome and are a symbolic way of saying 'you are perfect' when presented to someone. Gate posts and door frames often have pineapples to signal a welcome.



School Meals
We serve education every day™