

PRAIRIE FARM LUNCH MENU**May 2019

Every day choices include fresh fruit, juice choice, skim milk, 1% milk or nonfat chocolate. Fresh salad bar for middle and high school students.

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		1 Meatballs with Dinner Roll 2 Hot Dog on Bun Mashed Potatoes Green Beans Elementary- Cauliflower Applesauce, Grapes	1 Chili and Grilled Cheese 2 Fish Sandwich Vanilla Yogurt Mixed Vegetable Elementary- Cucumbers Pineapple, Blueberries	1 Cheese Pizza 2 Breaded Chicken on Bun Roasted Potatoes Broccoli, Cheese Sauce Elementary- Side Salad Diced Peaches, Melon
6	7	8	9	10
1 Baked Potato Bar with Toppings 2 Hamburger on a Bun Broccoli and Cauliflower Seasoned Potato Wedges Elementary-Grape Tomatoes Diced Pears, Apple Slices	1 Chicken and Rice Soup with Garlic Cheese Bread or 2 Grilled Ham and Cheese Green Peas Elementary-Baby Carrots Diced Peaches, Banana	1 Ground Beef Stroganoff with Dinner Roll 2 Chicken Philly Sandwich Seasoned Brown Rice Steamed Carrots Elementary-Jicama Mandarin Oranges, Pear	1 Chicken Nuggets with Dinner Roll 2 Pork Rib Sandwich Mashed Potatoes Steamed Carrots Elementary-Cucumbers Fruit Sidekick, Watermelon	No School
13	14	15	16	17
1 Spaghetti with Meat and Breadstick 2 Loaded Turkey Sub Steamed Corn Elementary- Side Salad Applesauce, Banana	1 Macaroni and Cheese with 2 Fish Sticks or Italian Chicken Sandwich Green Peas Elementary-Baby Carrots Diced Peaches, Banana	1 Chicken Tetrazzini with Bread Stick 2 Cheddar Grillwurst on a Bun Baked Beans Sweet Potato Puffs Elementary-Pepper Slices Diced Peaches, Apple Slices	1 Pepperoni Pizza 2 Corn Dog Fries, Peas Elementary- Side salad Mandarin Oranges, Watermelon	1 Chicken Noodle Casserole with a Dinner Roll 2 Ham and Cheese Sandwich with, Sun Chips Green Beans Elementary- Broccoli Diced Pineapple, Grapes
20	21	22	23	24
1 Max Pizza Sticks with Spaghetti Sauce 2 Taco Salad with Toppings Steamed Corn Elementary- Baby Carrots Diced Pears, Apple Slices	1 Sweet and Sour Chicken, Steamed Rice 2 Mini Meatball Sub, Sun Chips Steamed Green Beans Elementary-Broccoli Applesauce, Oranges	Tater Tot Casserole with Dinner Roll 2 Barbequed Pork on a Bun with Sun Chips Baked Beans 1 Elementary Cucumbers Mandarin Oranges, Grapes Diced Pears, Oranges	1 Lasagna and Breadstick 2 Chicken Sandwich with Fries Steamed Carrots Elementary-Side Salad or Coleslaw Diced Peaches, Watermelon	1 Chicken Noodle Soup with Garlic Cheese Bread 2 Honey Mustard Deli Wrap Steamed Peas Elementary-Sugar Snap Peas Diced Pineapple, Banana
27	28	29	30	31
Memorial Day No School	1 Sloppy Joe on Bun 2 Cheese Burger Baked Beans Sun Chips Elementary- Broccoli Diced Pineapple, Pear	1 Chicken Nuggets with Dinner Roll 2 Salisbury Steak with a Roll Mashed Potatoes, Gravy Steamed Mixed Vegetables Elementary- Cucumbers Diced Pears, Oranges	1 Pizza Casserole with Breadstick 2 Deli Boardwalk Sandwich with Cheese Crackers Steamed Peas Elementary- Pepper Slices Applesauce, Banana	1 Sweet Thai Chicken Bowl 2 Cheese Quesadilla with Toppings Steamed Rice Steamed Carrots Elementary Lettuce, Tomatoes Mandarin Oranges, Watermelon

“Offer vs. Serve”: Build a complete lunch by choosing (at least) 3 items; including (at least) ½ cup fruit, ½ cup vegetable or combination for lunch.

PRAIRIE FARM ELEMENTARY SCHOOL BREAKFAST MENU*May 2019

Every day choices include fresh fruit, juice choice, white milk, skim milk, 1% milk or nonfat chocolate.

Monday	Tuesday	Wednesday	Thursday	Friday
		1 *French Toast Sticks with Syrup * Assorted Cereal with a Cheese stick or Muffin	2 *Pancake and Sausage Stick *Assorted Cereal with a Cheese Stick or Pop Tart	3 *Breakfast Combo Bar and Toast *Cereal and Mini Long John or Cheese Stick
6 *Mini Maple Waffle with Syrup *Assorted Cereal with a Cheese Stick or Yogurt	7 *Pizza Breakfast Scramble *Banana Bread *Assorted Cereal with a Cheese Stick or Oatmeal Bar	8 *French Toast Sticks with Syrup *Assorted Cereal with a Cheese Stick or Muffin	9 *Pancake and Sausage Stick *Assorted Cereal with a Cheese Stick or Pop Tart	10 No School
13 *Mini Maple Waffle with Syrup *Assorted Cereal with a Cheese Stick or Yogurt	14 *Pizza Breakfast Scramble * Banana Bread *Assorted Cereal with a Cheese Stick or Oatmeal Bar	15 *French Toast Sticks with Syrup *Assorted Cereal with a Cheese Stick or Muffin	16 *Pancake and Sausage Stick *Assorted Cereal with a Cheese Stick or Pop Tart	17 *Breakfast Combo Bar and Toast *Cereal and Mini Long John or Cheese Stick
20 *Mini Maple Waffle with Syrup *Assorted Cereal with a Cheese Stick or Yogurt	21 *Pizza Breakfast Scramble * Banana Bread *Assorted Cereal with a Cheese Stick or Oatmeal Bar	22 *French Toast Sticks with Syrup *Assorted Cereal with a Cheese Stick or Muffin	23 *Pancake and Sausage Stick *Assorted Cereal with a Cheese Stick or Pop Tart	24 *Breakfast Combo Bar and Toast *Cereal and Mini Long John or Cheese Stick
27 Memorial Day No School	28 *Pizza Breakfast Scramble * Banana Bread *Assorted Cereal with a Cheese Stick or Oatmeal Bar	29 *French Toast Sticks with Syrup *Assorted Cereal with a Cheese Stick or Muffin	30 *Pancake and Sausage Stick *Assorted Cereal with a Cheese Stick or Pop Tart	31 *Breakfast Combo Bar and Toast *Cereal and Mini Long John or Cheese Stick

Build a complete breakfast by selecting at least 3 items, including ½ cup of fruit, vegetable or fruit/vegetable combination

PRAIRIE FARM MIDDLE AND HIGH SCHOOL BREAKFAST MENUMay 2019**

Every day choices include fresh fruit, juice choice, white milk, skim milk, 1% milk and nonfat chocolate.

Monday	Tuesday	Wednesday	Thursday	Friday
		1 *Pizza Breakfast Scramble *Uncrustable Sandwich *Eggs and Sausage Slider *Cereal and Cheese Stick or Muffin	2 *Pizza Breakfast Scramble *Uncrustable Sandwich *Pancake and Sausage Stick *Cereal and Cheese Stick or Pop Tart	3 *Pizza Breakfast Scramble *Uncrustable Sandwich *Breakfast Combo Bar and Toast *Cereal and Mini Long John or Cheese Stick
6 *Pizza Breakfast Scramble *Uncrustable Sandwich *Mini Waffle with Syrup * Cereal and Cheese Stick or Yogurt	7 *Pizza Breakfast Scramble *Uncrustable Sandwich *French Toast Sticks *Cereal and Cheese Stick or Oatmeal Bar	8 *Pizza Breakfast Scramble *Uncrustable Sandwich *Eggs and Sausage Slider *Cereal and Cheese Stick or Muffin	9 *Pizza Breakfast Scramble *Uncrustable Sandwich *Pancake and Sausage Stick *Cereal and Cheese Stick or Pop Tart	10 No School
13 *Pizza Breakfast Scramble *Uncrustable Sandwich *Mini Waffle with Syrup *Cereal and Cheese Stick or Yogurt	14 *Pizza Breakfast Scramble *Uncrustable Sandwich *French Toast Sticks *Cereal and Cheese Stick or Oatmeal Bar	15 *Pizza Breakfast Scramble *Uncrustable Sandwich *Eggs and Sausage Slider *Cereal and Cheese Stick or Muffin	16 *Pizza Breakfast Scramble *Uncrustable Sandwich *Pancake and Sausage Stick *Cereal and Cheese Stick or Pop Tart	17 *Pizza Breakfast Scramble *Uncrustable Sandwich *Breakfast Combo Bar and Toast *Cereal and Mini Long John or Cheese Stick
20 *Pizza Breakfast Scramble *Uncrustable Sandwich *Mini Waffle with Syrup * Cereal and Cheese Stick or Yogurt	21 *Pizza Breakfast Scramble *Uncrustable Sandwich *French Toast Sticks * Cereal and Cheese Stick or Oatmeal Bar	22 *Pizza Breakfast Scramble *Uncrustable Sandwich *Eggs and Sausage Slider * Cereal and Cheese Stick or Muffin	23 *Pizza Breakfast Scramble *Uncrustable Sandwich *Pancake and Sausage Stick * Cereal and Cheese Stick or Pop Tart	24 *Pizza Breakfast Scramble *Uncrustable Sandwich *Breakfast Combo Bar and Toast *Cereal and Mini Long John or Cheese Stick
27	28 *Pizza Breakfast Scramble *Uncrustable Sandwich *French Toast Sticks *Cereal and Cheese Stick or Oatmeal Bar	29 *Pizza Breakfast Scramble *Uncrustable Sandwich *Eggs and Sausage Slider * Cereal and Cheese Stick or Muffin	30 *Pizza Breakfast Scramble *Uncrustable Sandwich *Pancake and Sausage Stick * Cereal and Cheese Stick or Pop Tart	31 *Pizza Breakfast Scramble *Uncrustable Sandwich *Breakfast Combo Bar and Toast *Cereal and Mini Long John or Cheese Stick

Build a complete breakfast by selecting at least 3 items, including ½ cup of fruit, vegetable or fruit/vegetable combination