

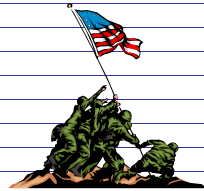


May '10 Balanced Breakfast** and Lunch Menu



**Breakfast is served only in participating schools. For more information, please contact your principal.

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Scrambled eggs, grits, toast, peaches	Sausage patty, Biscuit, Applesauce	Pancake, Sausage Link, Fruit Cocktail	Pancake Puff, Fruit	Donut, Fruit
Pork Chops	Chicken Sausage Jambalya	Pork Gordia	Italian Bake	Shrimp Poppers
Cheesy potatoes	Buttered Carrots	Buttered Corn	Green Beans	Mac& Cheese
Fruit	Mixed Veggies	Lettuce & Tomatoe Cup	Fruit	Peas
Dinner Roll	Dinner Roll	Cinnamon Roll	Garlic Bread	Green Salad
	Cookie		Cookie	Dinner Roll
10	11	12	13	14
French Toast, Sausage Link, Applesauce	Grilled Cheese Triangle, Grits, Fruit	Egg Patty, Cheese, Biscuit, Fruit	Muffin, Pineapple	Beignet, Fruit
	Chicken Parmesian	Mexican Pizza	Baked Chicken	Fish Strips
Meatballs/ Spaghetti	Tomatoe Gravy/Spaghetti	Green Salad	Mashed Potatoe & Gravy	White Beans
Cauliflower	Broccoli	Corn	Peas	Rice
Chilled Peaches	Fruit Cocktail	Ernie Cookie	Pudding	Garden Salad
Garlic Roll	Dinner Roll		Dinner Roll	Dinner Roll
				Cookie
17	18	19	20	21
Waffle, Sausage Patty, Fruit Cocktail	Pancake Puffs, Pears	Scrambled Egg, Grits, Toast, Fruit	French Toast Sticks, Pineapple	Donuts, Peaches
Turkey Stew	Pork Chops	Salisbury Steak	Italian Bake	Turkey Roast
Rice	White Beans	Mashed Potatoes	Salad	Rice
Green Beans	Rice	Gravy	Fruit	Green Salad
Chilled Applesauce	Seasoned Peas	Buttered Corn	Garlic Roll	Tropical Fruit
Dinner Roll	Wheat Roll	Dinner Roll		Dinner Roll
Oatmeal Cookie		Cookie		Cookie
24	25	26	27	28
Donuts, Peaches	Egg Patty, Cheese, Biscuit, Applesauce	Grilled Cheese Triangles, Grits, & Pineapple	Donuts, Peaches	
Pork Chops	Hamburger	Chicken Strips	Pizza	
Cheesy Potatoes	Bun	Potatoes	Buttered Corn	
Peas	Mandrin Oranges	Broccoli	Salad	
Dinner Roll	Lettuce, Tomato and Pickle Cup	Dinner Roll	Cookie	
Smartie Cookie				
31	<p>Memorial Day</p> <p>School lunches must meet recommendations of the Dietary Guideline for Americans. *No more than 30% of calories from fat and less than 10% from saturated fat averaged weekly. *Lunches contain 1/3 of the RDI of Protein, Vitamin A, Vitamin C, Iron, and Calcium.</p>			



Check Out Our Website At: www.schoolcafe.org

Note: Menus are subject to change without notice.

Schools with one serving line can have a sandwich entrée only once a week, however it cannot replace a commodity meal.

Sandwiches are served with 2 fruit/vegetables and milk. Choice of milk is offered daily. Breakfast also offers cereal.

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