



# MAY 2016



Breakfast

## Nsaa/norton Campus

Monday	Tuesday	Wednesday	Thursday	Friday
May 2, 2016 RICE KRISPIES Animal Grahams Craisins Apple Juice Choice of Milk	May 3, 2016 BEEF SAUSAGE ON A BISCUIT Mixed Fruit Cup Blended Fruit Juice Choice of Milk	May 4, 2016 FROSTED FLAKES (LOW SUGAR) Animal Grahams Fresh Apple* Choice of Milk	May 5, 2016 WHOLE GRAIN PANCAKES Fresh Banana* Grape Juice Syrup Choice of Milk	May 6, 2016 Peach Yogurt Blueberry Muffin Fresh Apple* Assorted Jelly Choice of Milk
May 9, 2016 FROOT LOOPS REDUCED SUGAR Spiced Grahams Grape Juice Craisins Choice of Milk	May 10, 2016 STRAWBERRY PANCAKES Diced Peaches Orange Juice Choice of Milk	May 11, 2016 String Cheese Banana Muffin Fresh Apple* Assorted Jelly Choice of Milk	May 12, 2016 CHICKEN BISCUIT Fresh Orange* Blended Fruit Juice Honey Choice of Milk	May 13, 2016 CHEERIOS Cinnamon Sky Minis Fresh Apple* Choice of Milk
May 16, 2016 CINNAMON TOAST CRUNCH Animal Grahams Blended Fruit Juice Craisins Choice of Milk	May 17, 2016 TURKEY HAM & CHEESE ON ENGLISH MUFFIN Diced Pears Grape Juice Choice of Milk	May 18, 2016 RICE CHEX Spiced Grahams Fresh Apple* Choice of Milk	May 19, 2016 WAFFLES Fresh Banana* Orange Juice Syrup Choice of Milk	May 20, 2016 STRAWBERRY BANANA YOGURT Blueberry Muffin Fresh Apple* Assorted Jelly Choice of Milk
May 23, 2016 CHEERIOS Cinnamon Sky Minis Craisins Grape Juice Choice of Milk	May 24, 2016 BREAKFAST TOASTED CHEESE ON WHOLE WHEAT BREAD Diced Peaches Orange Juice Choice of Milk	May 25, 2016 String Cheese Chocolate Chip Mini Loaf Fresh Apple* Assorted Jelly Choice of Milk	May 26, 2016 BREAKFAST BURRITO Fresh Orange* Blended Fruit Juice Taco Sauce Choice of Milk	May 27, 2016 MINI WHEATS LITTLE BITES Animal Grahams Fresh Apple* Choice of Milk
May 30, 2016 MEMORIAL DAY	May 31, 2016 RICE KRISPIES Graham Crackers Apple Juice Craisins Choice of Milk	June 1, 2016	June 2, 2016	June 3, 2016

\*\*\*\* ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK.

\*\*\* MENU SUBJECT TO CHANGE.

\*\*\* This institution is an equal opportunity provider.



### May is Food Allergy Action Month!

Did you know we have allergen-free meals? Check out our website for more information!  
[www.preferredmeals.com](http://www.preferredmeals.com)





# MAY 2016



Lunch

## Nsaa/norton Campus

Monday	Tuesday	Wednesday	Thursday	Friday
<b>May 2, 2016</b> CHICKEN FRIES W/TRI TATORS Diced Carrots Diced Pears Multigrain Sun Chips BBQ Sauce Ketchup Choice of Milk	<b>May 3, 2016</b> CHEESY PARM WRAP Green Beans Diced Peaches Choice of Milk	<b>May 4, 2016</b> HOT DOG W/ POTATO ROUNDS Hot Dog Bun Maple Baked Beans Fresh Orange* Mustard Ketchup (2) Choice of Milk	<b>May 5, 2016</b> CHEESY CHILI NACHOS Tortilla Chips Whole Kernel Corn Fresh Pear* Choice of Milk	<b>May 6, 2016</b> SCHOOL FOODSERVICE ROCKSTAR DAY!! WG CHICKEN NUGGETS WITH POTATO ROUNDS Romaine Salad Light Italian Dressing Blended Fruit Juice BBQ Sauce Ketchup Choice of Milk
<b>May 9, 2016</b> MINI CORN DOGS & CHICKEN FUN MIX French Fries Diced Peaches Mustard Ketchup (2) Choice of Milk	<b>May 10, 2016</b> MEATBALL SUB Hot Dog Bun Maple Baked Beans Apple Cherry Juice Choice of Milk	<b>May 11, 2016</b> PRETZEL DOG Romaine Salad Light French Dressing Pickle Chips Mixed Fruit Cup Ketchup Mustard Choice of Milk	<b>May 12, 2016</b> CRISPY CHICKEN FILLET Hamburger Bun Country Blend Vegetables Fresh Apple Slices BBQ Sauce Choice of Milk	<b>May 13, 2016</b> ROTINI BAKE WITH MEATSAUCE Crunchy Celery Sticks Light Ranch Dressing Fresh Banana Choice of Milk
<b>May 16, 2016</b> PIZZA DIPPERS Marinara Dipping Sauce Green Beans Orange Juice Choice of Milk	<b>May 17, 2016</b> BEAN & CHEESE BURRITO Whole Kernel Corn Salsa Cup Mixed Fruit Cup Choice of Milk	<b>May 18, 2016</b> BBQ CHICKEN Hamburger Bun Maple Baked Beans Pineapple Tidbits Choice of Milk	<b>May 19, 2016</b> CHARBROILED HAMBURGER Hamburger Bun French Fries Strawberry Applesauce Mustard Ketchup (2) Choice of Milk	<b>May 20, 2016</b> GRILLED CHEESE PANINI Romaine Salad Carrot Sticks Light French Dressing Fresh Banana Mustard Ketchup Choice of Milk
<b>May 23, 2016</b> CHICKEN NUGGETS WITH POTATO ROUNDS Whole Kernel Corn Diced Peaches Apple Muffin Ketchup BBQ Sauce Choice of Milk	<b>May 24, 2016</b> CHEESEBURGER WRAP Mixed Vegetables Blended Fruit Juice Ketchup Choice of Milk	<b>May 25, 2016</b> CHICKEN TACO Tortilla Chips Refried Beans Diced Pears Choice of Milk	<b>May 26, 2016</b> PRETZEL DOG Golden Potato Rounds Fresh Apple Slices Ketchup Mustard Choice of Milk	<b>May 27, 2016</b> *MAKE YOUR OWN SALAD DAY* POPCORN CHICKEN Romaine Salad Cucumber Coins Light Ranch Dressing Fresh Banana BBQ Sauce Choice of Milk
<b>May 30, 2016</b> MEMORIAL DAY	<b>May 31, 2016</b> CHICKEN FRIES W/TRI TATORS Diced Carrots Diced Pears BBQ Sauce Ketchup Choice of Milk	<b>June 1, 2016</b>	<b>June 2, 2016</b>	<b>June 3, 2016</b>

\*\*\*\* ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK.

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### Celebrate School Nutrition Employee Week May 9th-13th!

Tell us about your School Nutrition Rock Star or send us a photo of you and your School Nutrition Rock Star by emailing us at [info@preferredmeals.com](mailto:info@preferredmeals.com). Please write "School Nutrition Rock Star" in the subject line and include your name, grade, school and the name of your School Nutrition Rock Star! Visit our facebook page for more information: [www.facebook.com/PreferredMeals](http://www.facebook.com/PreferredMeals).

