

May 2018

Birchwood School District

BREAKFAST



This institution is an equal opportunity provider and employer.



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday



Tuesday

Wednesday

Thursday

Friday

Elf Graham
String Cheese
Fruit
Juice
Milk

7

Bagel
Peanut Butter
Fruit
Juice
Milk
5-12 Sausage/Egg/Bagel
Breakfast Sandwich

8

Cereal
Fruit
Juice
Milk
5-12 also toast

9

Pop Tart
Fruit
Juice
Milk

10

Pancake on a Stick
Fruit
Juice
Milk

11

Goldfish Bread and
Peanut Butter
Fruit
Juice
Milk

14

Cereal
Fruit
Juice
Milk
5-12 also toast

15

Breakfast Sandwich
Fruit
Juice
Milk

16

Cereal
Fruit
Juice
Milk
5-12 Pancakes

17

Cinnamon Roll
Fruit
Juice
Milk

18

Cereal
Fruit
Juice
Milk

21

5-12 also toast

Mini Waffles
Fruit
Juice
Milk

22

5-12 Pancakes

Cereal
Fruit
Juice
Milk

23

Granola Bar/Yogurt
Fruit
Juice
Milk
5-12-Build your Own Yogurt
Parfait

24

Apple Frudel
Fruit
Juice
Milk

25

Memorial Day- No School

28

Cereal
Fruit
Juice
Milk

29

5-12 also pancakes

Granola Bar/String Cheese
Fruit
Juice
Milk

30

Banana Muffins
Fruit
Juice
Milk

31



May 2018

Birchwood School District

LUNCH



This institution is an equal opportunity provider and employer.



Fitness Tip: MyPlate recommends:

- Children need at least 60 minutes of physical activity every day.
- Be active together as a family.
- Physical activity should be fun and offer variety.



Monday

Tuesday

Wednesday

Thursday

Friday

Blank lunch menu for Monday.

Macaroni and Cheese **1**
Peas
Carrots
Fruit Variety
Choice of Milk
Apple Crisp

Chicken a la King **2**
Biscuit
Side Salad
Fruit Variety
Choice of Milk

Ham and Cheese Sub **3**
on WG Roll
Cut Veggies /Ranch Cup
Fruit Variety
Choice of Milk
Sun Chips

Mini Corn Dogs **4**
Baked Beans
Potato Wedges
Fruit Variety
Choice of Milk

Chicken Patty **7**
WG Bun
Diced Potato
Green Beans
Fruit Variety
Choice of Milk

Soft Shell Taco **8**
Lettuce/Tomato/Cheese
Salsa
Refried Beans
Fruit Variety
Choice of Milk

Cheeseburger **9**
On WG Bun
Lettuce/tomato
Sweet Potato Fries
Fruit Variety
Choice of Milk

Orange Chicken **10**
Rice
Steamed Broccoli Crowns
Carrot Coins
Fruit Variety
Choice of Milk

Fish Sticks –Tartar Sauce **11**
Dinner Roll
Cole Slaw
Green Beans
Fruit Variety
Choice of Milk

Scalloped Potato and Ham **14**
Dinner Roll
Green Beans
Fruit Variety
Choice of Milk

Chicken Teriyaki **15**
Seasoned Noodles
Broccoli
Carrot Coins
Fruit Variety
Choice of Milk

Sloppy Joe on WG Bun **16**
Baked Beans
Potato Wedges
Fruit Variety
Choice of Milk
Mini Ice Cream Sandwich

Chicken Alfredo **17**
Breadstick
Broccoli
Fruit Variety
Choice of Milk

Mozzarella Dippers **18**
Marinara
Broccoli
Fruit Variety
Choice of Milk

Chicken Nuggets **21**
Sweet Potato Puffs
Corn
Fruit Variety
Choice of Milk
Cookie

Super Nacho **22**
Refried Beans
Salsa
Corn
Fruit Variety
Choice of Milk

Turkey and Cheese Sub **23**
Cut Veggies/Ranch Cup
Fruit Variety
Choice of Milk
Granola bar

BBQ Pulled Pork on **24**
WG Bun
Baked Beans
Salad/Cut Veggies
Fruit Variety
Choice of Milk

Pizza **25**
Carrots/Tomato
Side Salad
Fruit
Milk

Memorial Day -No School- **28**

Ham and Cheese Sub **29**
on WG Roll
Cut Veggies /Ranch Cup
Fruit Variety
Choice of Milk
Sun Chips

Hot Dog **30**
On WG Bun
Baked Beans
Diced Potato
Fruit Variety
Choice of Milk

Chicken Wrap **31**
Carrot Sticks/Cherry Tomato
Celery/Cucumber Slices
Fruit Variety
Choice of Milk

