

Unatego Elementary Lunch Menu

**Health-e
LIVING**



May 2018

InSeason!Cherries

Tart cherries are known to contain certain chemicals that are very effective in relieving pain better than medicines like aspirin and ibuprofen.

Cherries are best paired with herbs like sage, chives, and verbena; dairy products like sweet cream and ricotta cheese; and with meats like pork and beef especially when black pepper is added.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

May 4th is National School Lunch Hero Day! Make sure to say "thanks" to your lunch lady!

Toasted Meatball Sub
Pasta Noodles
Green Beans
Ham & Cheese Sandwich

Build Your Own Sub
Turkey or ham
W/ Lettuce and Tomato
Macaroni Salad
Seasoned Carrots
Turkey Sandwich

Ultimate Chicken Bowl
(Chicken, Mashed Potatoes, Gravy, & Cheese)
Corn
Whole Grain Dinner Roll
Pepperoni & Cheese Sub

Assorted Classic Pizzas
Roasted Broccoli
Assorted Sandwiches

Whole Grain French Toast Sticks
Sausage
Country Hash Browns
Tuna Sandwich

Beef Taco on Whole Grain Tortilla
W/ Lettuce and Tomato
Sour Cream & Salsa
Refried Beans
Ham & Cheese Sandwich

Chicken and Biscuit Over Gravy
Seasoned Carrots
Turkey Sandwich

Italian Pizza Pasta Bake
Garlic Bread
Green Beans
Pepperoni & Cheese Sub

Assorted Classic Pizzas
Romaine and Spinach Salad with Tomatoes,
Fresh Cucumbers
Assorted Sandwiches

Chicken Patty on Whole Grain Bun
French Fries
Tuna Sandwich

Nachos W/ Beef and Cheese
Salsa & Sour Cream
Seasoned Rice
Black Bean Salad
Ham & Cheese Sandwich

Turkey and Bacon Melt on Ciabatta Roll
Sweet Potato Fries
Pasta Salad

Homemade Mac & Cheese
Whole Grain Roll
Green Beans
Pepperoni & Cheese Sub

Assorted Classic Pizzas
Roasted Broccoli
Assorted Sandwiches

Cheeseburger/Hamburger on Whole Grain Bun
French Fries
Baked Beans
Tuna Sandwich

Shredded Chicken Quesadilla
Sour Cream and Salsa
Rice
Corn
Ham & Cheese Sandwich

Toasted Chicken Parmesan Sub
Pasta Noodles
Seasoned Carrots

Penne Marinara W/ Meatballs
Garlic Toast
Green Beans
Pepperoni & Cheese Sub

Assorted Classic Pizzas
Romaine and Spinach Salad with Tomatoes,
Fresh Cucumbers
Assorted Sandwiches

No School Memorial Day

Chicken Nuggets
Whole Grain Roll
French Fries
Tuna Sandwich

Italian Pepperoni & Cheese Roll
W/ Marinara Sauce
Green Beans
Turkey Sandwich

Ultimate Oriental Bowl
(Sweet and Sour Chicken over Rice)
Eggroll
Oriental Veggies
Pepperoni & Cheese Sub

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Announcements

Available Daily:

Canned Fruit, Fresh Fruit,
Fresh Veggie, Hot Veggie of the Day

May Choose up to two (2)

Milk Choices:

1% White
Skim Chocolate

Daily Choices:

Sandwich of the Day
PB & J
Yogurt Plate

Menu is Subject to Change without Notice

Lunch

K-5th \$2.00

6th-12th \$2.10

Reduced \$.25

Remember you can make online payments through

www.myschoobucks.com

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