

# May 2017

## Freedom Eagles Cafe

### LUNCH



**School Information:** LF & Skim Milk are served with all meals. Hearty Breakfast offered every morning. Fresh Fruit or Vegetables are available to all students daily.

USDA and this school are equal opportunity employers



**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.

Good nutrition and healthy lifestyle choices for our students.

*Making a difference one bite at a time!*



### Monday

1

Ham & Cheese McMuffin  
Roasted Veggies  
Fruit

### Tuesday

2

Beans & Hot Dogs  
Salad Bar  
Corn Bread  
Fruit

### Wednesday

3

Spaghetti with Marinara Sauce  
Fresh Salad  
Garlic Bread  
Fruit

### Thursday

4

Chicken Burgers  
French Fries  
Veggie Sticks  
Apple Crisp  
*National Orange Juice day!*

### Friday

5

WG Pepperoni Pizza  
Salad Bar  
Fruit  
*School Lunch Hero Day! An apron is just a cape worn backwards*

8

Chocolate Chip Pancakes  
Roasted Vegetables  
Sausage  
Fruit

9

Enchiladas  
Mexican Rice  
Salad Bar  
Fruit

10

Chicken Tortellini Soup  
Cinnamon Rolls  
Cucumbers  
Fruit

11

Shepherd's Pie  
WG Dinner Roll  
Carrots  
Fruit

12

*Pizza Party*  
WG Cheese Pizza  
Salad Bar  
Fruit

15

Grilled Cheese  
Tomato Soup  
Tossed Salad  
Fruit

16

Hamburgers  
Potato Salad  
Corn on the Cob  
Fruit

17

Macaroni & Cheese  
Green Beans  
WG Dinner Roll  
Fruited Jell-O

18

Eagle Sub  
Tatar Tots  
Veggie Sticks  
Fruit

19

*Pizza Party*  
WG Pepperoni Pizza  
Salad Bar  
Fruit  
*National Pizza Day!*

22

Chicken Ranch Wrap  
Macaroni Salad  
Veggie Sticks  
Fruit

23

Pulled Pork Sandwich  
Baby Carrots  
Smile Fries  
Fruit

24

Meatball Subs  
Pretzels  
Veggie Sticks  
Fruit

24

Baked Potato Salad Bar  
Cottage Cheese  
Fresh Broccoli  
Fruit  
*National Red Nose Day!*

26

*Pizza Party*  
WG Cheese Pizza  
Salad Bar  
Fruit

29

Holiday  
No School

30

Chicken Parmesan  
WG Noodles  
Salad Bar  
Fruit

31

Korean Beef  
Herbed Rice  
Cauliflower & Broccoli  
Ginger Bread  
Fruit

Alternates:

- 5/1-5/5: Ham Sandwich
- 5/8-5/12: Egg Salad Sandwich
- 5/15-5/19: Turkey Sandwich
- 5/22-5/26: Ham Sandwich
- 5/30-6/2: Tuna Salad Sandwich

