

May 2018

Freedom Eagles Cafe

LUNCH

School Information: : LF & Skim Milk are served with all meals. Hearty Breakfast offered every morning.

USDA and this school are equal opportunity employers
Pay for meals on line at "myschoolbucks.com"



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

Alternates:

5/1-5/4: Tuna Sandwich
5/7-5/11: Egg Salad Sandwich
5/14-5/18: Ham Sandwich
5/21-5/25: Ham Sandwich
5/29-6/1: Tuna Sandwich

Tuesday

Pulled Pork Sandwich
Tater Tots
Pickled Beets
Fruit/Milk

Wednesday

Tuna Noodle Casserole
WG Dinner Roll
Fresh Carrots
Fruit/Milk

Thursday

Shepherd's Pie
Fresh Salad
Cinnamon Roll
Fruit/Milk

Friday

Pizza Party!
WG Cheese Pizza
Fresh Salad
Fruit/Milk

7

Eagle Sub
French Fries
Baby Carrots
Fruit/Milk

8

Yogurt Parfait Bar
Homemade Bread
Hard Boiled Egg or Cheese Stick
Fruit/Milk

9

Baked Beans
Hot Dogs in a WG Bun
Fresh Salad
Fruit/Milk

10

Salisbury Steak
Mashed Potato
WG Dinner Roll
Broccoli
Fruit/Milk

11

Pizza Party!
WG Pepperoni Pizza
Fresh Salad
Fruit/Milk

14

Creamy Corn Chowder
Homemade Muffin
Cheese Chunks
Baby Carrots
Fruit/Milk

15

Chicken Pot Pie
Cheese Biscuit
Spinach Salad
Fruit/Milk

16

American Chop Suey
Green Beans
Garlic Bread
Fruit/Milk

17

Blueberry Pancakes
Baked Ham
Roasted Veggies
Fruit/Milk

18

Pizza Party!
WG Cheese Pizza
Fresh Salad
Fruit/Milk

21

Korean Beef
Brown Rice
Broccoli
WG Dinner Roll
Fruit/Milk

22

Chicken Quesadillas
Fiesta Beans
Salad Bar
Fruit/Milk

23

WG Grilled Cheese
Tomato Soup
Fresh Salad
Fruit/Milk

24

Hamburgers
Macaroni Salad
Corn on the Cob
Fruit/Milk

25

Pizza Party!
WG Pepperoni Pizza
Fresh Salad
Fruit/Milk

28

Memorial Day

No School

29

Taco
Mexican Rice
Salad Bar
Fruit/Milk

30

WG Meatball Sub
French Fries
Veggie Sticks
Fruit/Milk

31

Macaroni and Cheese
WG Dinner Roll
Green Beans
Fruit/Milk

