

LUNCH

Week / Cycle	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	Regular	Take-Out	Regular	Take-Out	Regular	Take-Out	Regular	Take-Out	Regular	Take-Out
5/2/16	Chicken Strips Or Nuggets Fruit Choice Broccoli Baked Beans Macaroni & Cheese WG Texas Toast lowfat Milk	No Take Out	Meat Sauce Fruit Carrot Sticks Green Beans WG French Bread WG Oatmeal Cookie Low-fat Milk	Fish Square Fruit Lettuce, Romaine Carrot Sticks Fries WG Bun Low-fat Milk	BBQ chicken Fruit Jello Salad Yams Rice W/ Gravy WG Garlic Breadstick Low-fat Milk	Meatball Sub Fruit Lettuce, Romaine Carrot Sticks Fries WG Purchased Bun Low-fat Milk	Diced Ham Cheese, shredded Fruit Salad Baked Potato Broccoli Cheese Cass. WG Texas Toast Low-fat milk	BBQ Chicken Fruit Carrot Sticks Fries WG Bun Low-fat Milk	Hot Dog Fruit Jello Salad fries WG Hotdog Bun Low-fat Milk	No Take Out
5/09/16	Chicken Fajita Fruit Lettuce Romaine Salsa Corn WG Tortilla lowfat Milk	No Take Out	Red Beans Fruit Spinach Carrot Sticks WG Rice WG Cornbread Low-fat Milk WG Oatmeal Cookie	No Take Out	Chicken Fried Fruit Carrot Sticks Black Eyed Peas Rice, Brown WG Breadstick Low-fat Milk	No Take Out	Chicken Strips Or Nuggets Fruit Broccoli Mashed Potatoes WG Texas Toast Low-fat milk	No take Out	Pizza Fruit Salad Marinara Sauce Mixed Vegetables WG Pizza Crust Low-fat Milk	No TakeOut
5/16/16	Chicken Wrap Fruit Fruit Crisp Lettuce, Romaine Salsa Corn WG Tortilla lowfat Milk	No Take Out	Ham Diced Cheese, Shredded Fruit Salad Baked Potato Broccoli Cheese Casser WG Texas Toast Low-fat Milk	No Take Out	Chicken Strips Or Nuggets Fruit Broccoli florets Baked Beans Macaroni & Cheese WG Texas Toast Low-fat Milk	No Take Out	Hamburger Fruit Lettuce, Romaine Carrot Sticks Fries WG Bun Low-fat milk	No Take Out	Corn Dog Fresh Vegetable Fresh Fruit WG Corn Dog Wrep Oatmeal Cookie Low-fat Milk	
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School Name: Fifth Ward Junior High

Month: _____

May-16

Revised 7/15

SFS - 6-A