

FOREST ELEMENTARY & HAWKINS MIDDLE

MAY 2018 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
	1 Chef Salad Spaghetti & Meat Sauce Grilled Chicken Sandwich Green Peas Black-Eyed Peas California Veggies Whole Wheat Garlic Toast Mandarin Fruit Cup Hot Cinnamon Apples Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	2 Chef Salad Steak Fingers Ham & Cheese on Hoagie Steamed Brown Rice Seasoned Lima Beans Yam Patties Tropical Fruit Chilled Diced Pears Rolls, Enriched Flour MS1352 Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	3 Chef Salad B. B. Que Pulled Pork Nachos Turkey & Cheese Hoagie Whole Kernel Corn Baked Beans Garden Salad W/Dressing Fresh Bananas Mandarin Fruit Cup Chocolate Chip Cookie Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	4 Chef Salad Hamburger w/ Trimmings Chicken Patty Sandwich Seasoned Potato Wedges Mixed Vegetables Garden Salad W/Dressing Pineapple Tidbits Fruited Gelatin Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk Chocolate Pudding	Calories 653 Cholesterol 54 mg Sodium 1097 mg Dietary Fiber 7.27 g Iron 4.03 mg Calcium 412.84 mg Vitamin A 2330 IU Vitamin C 20.83 mg Sugars 46.41 g 28.4% Protein 29.34 g 18.0% Carbohydrate 94.74 g 58.0% Total Fat 18.21 g 25.1% Saturated Fat 6.41 g 8.8%
7 Chef Salad Steak Fingers Ham and Cheese on Bun Mashed Potatoes Seasoned Lima Beans Yam Patties Tropical Fruit Chilled Diced Pears Rolls, Enriched Flour MS1352 Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	8 Chef Salad Red Beans and Rice with Sausage Turkey and Cheese Wrap Southern Green Beans Raw Veggies with Dip Pinto Beans Cornbread Fresh Oranges Fruited Gelatin Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	9 Chef Salad Chicken with Alfredo Sauce Corn Dog Green Peas Garden Salad W/Dressing Chilled Peach Slices Fresh Bananas Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk Yeast Roll	10 Chef Salad Spaghetti & Meat Sauce Grilled Chicken Sandwich Steamed Broccoli Florets Black-Eyed Peas California Veggies Whole Wheat Garlic Toast Mandarin Fruit Cup Hot Cinnamon Apples Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	11 Chef Salad Pepperoni Pizza Wedge Beef & Bean Burrito Corn on the Cob Glazed Carrots Baked Beans Rosy Applesauce Fresh Plums Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Calories 606 Cholesterol 54 mg Sodium 1030 mg Dietary Fiber 8.98 g Iron 4.01 mg Calcium 440.39 mg Vitamin A 3258 IU Vitamin C 29.82 mg Sugars 42.63 g 28.1% Protein 29.97 g 19.8% Carbohydrate 90.95 g 60.0% Total Fat 14.69 g 21.8% Saturated Fat 5.22 g 7.7%
14 Chef Salad Chicken Spaghetti Ham and Cheese on Bun Seasoned Lima Beans Yam Patties Steamed Broccoli Florets Fresh Apples Chilled Peaches Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk Rolls, Enriched Flour MS1352	15 Chef Salad Chicken Fajita Wrap Hot Dog Black-Eyed Peas Scalloped Potatoes Garden Salad W/Dressing Mandarin Fruit Cup Fresh Apples Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk Chocolate Pudding	16 Chef Salad Salisbury Steak W/Gravy Grilled Chicken Sandwich Southern Turnip Greens Mashed Potatoes Tossed Salad w/ Dressing Fresh Oranges Pineapple Tidbits Cornbread Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	17 Chef Salad Turkey & Cheese on Bun Fish Nuggets Whole Kernel Corn Baked Beans Garden Salad W/Dressing Chilled Diced Pears Fruited Gelatin Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk Yeast Roll	18 Chef Salad Hamburger w/ Trimmings Chicken Patty Sandwich Seasoned Potato Wedges Creamy Coleslaw California Veggies Fresh Bananas Rosy Applesauce Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk Chocolate Chip Cookie	Calories 648 Cholesterol 60 mg Sodium 1026 mg Dietary Fiber 7.79 g Iron 3.91 mg Calcium 449.60 mg Vitamin A 2344 IU Vitamin C 43.86 mg Sugars 46.91 g 29.0% Protein 32.18 g 19.9% Carbohydrate 96.95 g 59.8% Total Fat 15.39 g 21.4% Saturated Fat 5.15 g 7.2%
21 Chef Salad Steak Fingers Ham & Cheese on Hoagie Steamed Brown Rice Steamed Broccoli Florets Yam Patties Tropical Fruit Chilled Diced Pears Rolls, Enriched Flour MS1352 Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	22 Chef Salad Hamburger w/ Trimmings Chicken Patty Sandwich Seasoned Potato Wedges Glazed Carrots Garden Salad W/Dressing Pineapple Tidbits Fruited Gelatin Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	23 Chef Salad B. B. Que Pull Pork Nachos Turkey & Cheese Hoagie Whole Kernel Corn Baked Beans Garden Salad W/Dressing Fresh Bananas Mandarin Fruit Cup Chocolate Chip Cookie Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	24 Sack Lunches	25	Calories 631 Cholesterol 49 mg Sodium 1047 mg Dietary Fiber 6.62 g Iron 3.72 mg Calcium 416.00 mg Vitamin A 3347 IU Vitamin C 22.02 mg Sugars 43.62 g 27.7% Protein 26.59 g 16.9% Carbohydrate 90.74 g 57.6% Total Fat 19.41 g 27.7% Saturated Fat 6.94 g 9.9%
28	29	30	31		Calories 0 Cholesterol 0 mg Sodium 0 mg Dietary Fiber 0.00 g Iron 0.00 mg Calcium 0.00 mg Vitamin A 0 IU Vitamin C 0.00 mg Sugars 0.00 g 0.0% Protein 0.00 g 0.0% Carbohydrate 0.00 g 0.0% Total Fat 0.00 g 0.0% Saturated Fat 0.00 g 0.0%

This agency is an equal opportunity employer and provider
 Esta agencia es un proveedor de igualdad de oportunidades