



Elementary Lunch Menu May 2019

Monday	Tuesday	Wednesday	Thursday	Friday	
		<p>1 <u>Choice of One</u> A Philly Steak Sandwich on WG hoagie roll Ham and Cheese on a WG bun Yogurt parfait w/ soft pretzel Veggie Burger on WW Bun</p> <p><u>Choice of Two</u> Tossed Salad w/ chick peas Carrot Nibblers w/ dip Strawberry cup</p>	<p>2 <u>Choice of One</u> B Stuffed Crust Pizza Ranger burger on WG Bun Fruit, Yogurt & Cheese Plate w/ WW Bread Stick Grilled Chicken w/ Leaf Lettuce on a bun</p> <p><u>Choice of Two</u> Caesar Salad Glazed Carrots Chilled Peaches</p>	<p>3 <u>Choice of One</u> C Grilled Cheese Sandwich Tuna Salad on WG bun Veggie Burger on WG Bun</p> <p><u>Choice of Two</u> Tomato Soup Onion Rings Chilled Assorted Fruit</p>	<div style="border: 2px solid blue; padding: 10px; background-color: #e0f0ff;"> <p>Budget Vote May 21st at the Administration Building Only</p> <p>Pay for meals on-line mySchoolBucks.com</p> <p>OR</p> <p>Checks may be made payable to Spencerport School Lunch Fund and handed in at the register to be put in a student's Nutrikids Meal Account.</p> <p>Available Daily</p> <p>Daily: PBJ on WW Tues & Thurs: Juice Assorted Fresh vegetables</p> <p>Milk- 1%, Skim & FF Chocolate</p> </div>
<p>6 <u>Choice of One</u> D Taco Salad w/ lettuce, cheese and salsa Zwiegle Hot Dog on WG Bun Veggie Burger on WG Bun</p> <p><u>Choice of Two</u> Brown Rice Steamed Corn Chilled Peaches</p>	<p>7 <u>Choice of One</u> E Popcorn Chicken w/ WG roll Chicken Caesar Salad w/ WG roll Fruit, Yogurt & Cheese Plate w/ WG roll Grilled Chicken w/ Leaf Lettuce on a bun</p> <p><u>Choice of Two</u> Tossed Salad w/ chick peas Steamed Green Beans Strawberry cup</p>	<p>8 <u>Choice of One</u> A Pillsbury Mini Pancakes w/ breakfast sausage Turkey BLT on WW Bun Yogurt parfait w/ soft pretzel Veggie Burger on WW Bun</p> <p><u>Choice of Two</u> Glazed Carrots Hash browns Chilled Apple Sauce</p>	<p>9 <u>Choice of One</u> B Fiesta Pizza Ranger burger on WG Bun Fruit, Yogurt & Cheese Plate w/ WW Bread Stick Grilled Chicken w/ Leaf Lettuce on a bun</p> <p><u>Choice of Two</u> Garden Salad w/ chick peas Fresh Baby Carrots Chilled Mandarin Oranges</p>	<p>10 <u>Choice of One</u> C Chicken Patty Sandwich Corn Dog Veggie Burger on WG Bun</p> <p><u>Choice of Two</u> Baked Beans Spinach Salad/Dressing Chilled Assorted Fruit</p>	
<p>13 <u>Choice of One</u> D Chicken & Cheese Quesadilla Zwiegle Hot Dog on WG Bun Veggie Burger on WG Bun</p> <p><u>Choice of Two</u> Steamed Corn Brown Rice Mixed Fruit</p>	<p>14 <u>Choice of One</u> E Chicken Smacker w/ WG roll Julienne Salad w/ WG roll Fruit, Yogurt & Cheese Plate w/ WG roll Grilled Chicken w/ Leaf Lettuce on a bun</p> <p><u>Choice of Two</u> Oven Baked French Fries Fresh Baby Carrots Chilled Apple Sauce</p>	<p>15 <u>Choice of One</u> A Mozzarella sticks w/ sauce Ham & Cheese on WW Bun Yogurt parfait w/ soft pretzel Veggie Burger on WG Bun</p> <p><u>Choice of Two</u> Oven Baked Tater Tots Caesar Salad Chilled Pears</p>	<p>16 <u>Choice of One</u> B French Bread Pizza Ranger burger on WG Bun Fruit, Yogurt & Cheese Plate w/ WW Bread Stick Grilled Chicken with Leaf Lettuce on a bun</p> <p><u>Choice of Two</u> Tossed Salad w/ chick peas Steamed Broccoli Chilled Peaches</p>	<p>17 <u>Choice of One</u> C Grilled Cheese Sandwich Egg Salad on WG bun Veggie Burger on WG Bun</p> <p><u>Choice of Two</u> Tomato Soup Onion Rings Chilled Assorted Fruit</p>	
<p>20 <u>Choice of One</u> D Pasta w/ Meatballs Zwiegle Hot Dog on WG Bun Veggie Burger on WG Bun</p> <p><u>Choice of Two</u> Caesar Salad Steamed Mixed Vegetables Chilled Peaches</p>	<p>21 BUDGET VOTE E <u>Choice of One</u> Chicken Nuggets w/ WG roll Julienne Salad w/ WG roll Fruit, Yogurt & Cheese Plate w/ WG roll Grilled Chicken w/ Leaf Lettuce on a bun</p> <p><u>Choice of Two</u> Spinach Salad/Dressing Tater Tots Chilled Pears</p>	<p>22 <u>Choice of One</u> A Pillsbury Mini Waffles w/ breakfast sausage Ham and Cheese on a WG bun Yogurt parfait w/ soft pretzel Veggie Burger on WW Bun</p> <p><u>Choice of Two</u> Garden Salad w/ chick peas Hash browns Strawberry cup</p>	<p>23 <u>Choice of One</u> B Classic Pizza Ranger burger on WG Bun Fruit, Yogurt & Cheese Plate w/ WW Bread Stick Grilled Chicken w/ Leaf Lettuce on a bun</p> <p><u>Choice of Two</u> Tossed Salad w/ chick peas Steamed Broccoli Chilled Apple Sauce</p>	<p>24 Memorial Day Recess</p>	
<p>27 MEMORIAL DAY </p>	<p>28 <u>Choice of One</u> C Chicken Tenders w/ WG roll Julienne Salad w/ WG roll Fruit, Yogurt & Cheese Plate w/ WG roll Grilled Chicken w/ Leaf Lettuce on a bun</p> <p><u>Choice of Two</u> Spinach Salad/Dressing Red and Green Pepper Strips Chilled Pears</p>	<p>29 <u>Choice of One</u> D Meatball Sub on WG hoagie roll Ham and Cheese on a WG bun Yogurt parfait w/ soft pretzel Veggie Burger on WW Bun</p> <p><u>Choice of Two</u> Tossed Salad w/ chick peas Carrot Nibblers w/ dip Strawberry cup</p>	<p>30 <u>Choice of One</u> E Pizza Crunchers Ranger burger on WG Bun Fruit, Yogurt & Cheese Plate w/ WW Bread Stick Grilled Chicken w/ Leaf Lettuce on a bun</p> <p><u>Choice of Two</u> Caesar Salad Stemmed Mixed Vegetables Chilled Peaches</p>	<p>31 <u>Choice of One</u> A Chicken Patty Sandwich Zwiegle Hot Dog on WG Bun Veggie Burger on WG Bun</p> <p><u>Choice of Two</u> Oven Baked Fries Glazed Carrots Chilled Assorted Fruit</p>	

Spencerport Breakfast Menu – May 2019

Assorted Milk Available (May choose one)

Skim, 1%, and No Fat Chocolate

Cost - \$1.75

Free and Reduced meals available to those students that qualify.

May choose one of the following

Juice, Fresh Fruit, or Dished Fruit

Must choose One or Two items from this category unless it is Hot Breakfast day and you choose the Hot

Breakfast item

Assorted Cereal

Assorted Pastries

2 oz. Muffin

Yogurt (4 oz.)

Cheese Stick

OR



One item from this category unless it is Hot Breakfast day and you choose the Hot Breakfast item

Bagel (Assorted with plain white bagels)

Assorted Pastries

Breakfast breaks (This is a complete meal but allowed to take one more juice or fruit and a milk)



Requirements for the School

Breakfast Program:

- All grains must be whole-grain rich (must contain at least 50% whole grain)
- At least 1 full cup of fruit must be offered daily, and students are required to take at least a half cup (so students must take either a fruit or a juice, which may be either fresh or canned, in addition to the main entrée and the milk)

Every Monday - Hot Apple Frudel Wrap served

Every Wednesday - Hot Mini Cini Wrap served

Every Friday - Hot Cherry Frudel Wrap served

Thursday, May 2nd – Pancake on a stick

Tuesday, May 7th – Breakfast Pizza

Thursday, May 9th – Breakfast Wrap

Tuesday, May 14th – Breakfast Boat – egg, cheese, diced potato and bacon

Thursday, May 16th - French Toast Sticks w/ Sausage

Tuesday, May 21st - Breakfast Sandwich on a biscuit

Thursday, May 23rd – Pancakes w/ sausage

Tuesday, May 28th – Breakfast Sandwich

Thursday, May 30th - French Toast Sticks w/ Sausage