

ELEMENTARY LUNCH MENU

May 2012

Lunch Prices
Paid \$2.00 Reduced \$.40

Lunch Includes
All lunches include one entree choice, a milk choice, and up to two side choices.

Daily Milk Choices
Skim, 1% White, Chocolate Skim

Our Website
Visit our website at www.pasco.k12.fl.us/nutrition for more information on your child's school nutrition program. You may also view our menus from your smart phone by visiting www.pasco.k12.fl.us/mobile.

Some menu variations occur by location.
This menu is subject to change.



= No Meat **WG** = Whole Grain

Monday	Tuesday	Wednesday	Thursday	Friday
<div style="text-align: center;"> <p>Farm Fresh Watermelon this month!</p> </div>	<p style="text-align: right;">1</p> <p>Entrees Pasta w/Marinara or Meat Sauce Fish Sticks PBJ Sandwich</p> <p>Sides Corn & Black Beans Garden Salad Assorted Fruit 100% Fruit Juice</p>	<p style="text-align: right;">2</p> <p>Brunch for Lunch Scrambled Eggs w/Biscuit Pancakes w/Sausage PBJ Sandwich</p> <p>Sides Hashbrown Fresh Veggie Dippers Assorted Fruit 100% Fruit Juice</p>	<p style="text-align: right;">3</p> <p>Entrees Personal Pizza Chicken BLT Salad PBJ Sandwich</p> <p>Sides Steamed Broccoli Garden Salad Assorted Fruit 100% Fruit Juice</p>	<p style="text-align: right;">4</p> <p>Cinco de Mayo Day Nachos Hummus Dipper Box PBJ Sandwich</p> <p>Sides Refried Beans Fresh Veggie Dippers Assorted Fruit 100% Fruit Juice Frozen Juice Bar Spanish/English Snack</p>
<p style="text-align: right;">7</p> <p>Entrees Hamburger/Cheeseburger WG Fish Sandwich PBJ Sandwich</p> <p>Sides Sweet Peas Fresh Veggie Dippers Assorted Fruit 100% Fruit Juice</p>	<p style="text-align: right;">8</p> <p>Entrees Roasted Chicken w/Cheesy Potatoes Turkey/Cheese Wrap PBJ Sandwich</p> <p>Sides Steamed Broccoli Garden Salad Assorted Fruit 100% Fruit Juice Educational Snack</p>	<p style="text-align: right;">9</p> <p>Entrees Sweet & Sour Pork w/Egg Roll WG Italian Dunkers w/Marinara Sauce PBJ Sandwich</p> <p>Sides X-ray Vision Carrots Fresh Veggie Dippers Assorted Fruit 100% Fruit Juice</p>	<p style="text-align: right;">10</p> <p>Entrees Zesty Baked Ziti w/Garlic Breadstick Chef Salad PBJ Sandwich</p> <p>Sides Green Beans Garden Salad Assorted Fruit 100% Fruit Juice</p>	<p style="text-align: right;">11</p> <p>Entrees Whole-Grain Pizza Peanut Butter or Yogurt Dipper Box PBJ Sandwich</p> <p>Sides Seasoned Corn Fresh Veggie Dippers Assorted Fruit 100% Fruit Juice Frozen Juice Bar</p>

This institution is an equal opportunity provider.

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">14</p> <p>Entrees Hamburger/ Cheeseburger Italian Deli Flatz PBJ Sandwich</p> <p>Sides Baked Beans Fresh Veggie Dippers Assorted Fruit 100% Fruit Juice</p>	<p style="text-align: right;">15</p> <p>Entrees Beef Teriyaki Nuggets w/Potato Smiles Tuna Sandwich PBJ Sandwich</p> <p>Sides Capri Blend Garden Salad Assorted Fruit 100% Fruit Juice Educational Snack</p>	<p style="text-align: right;">16</p> <p>Entrees WG Tangerine Chicken w/Egg Roll Grilled Cheese Sandwich PBJ Sandwich</p> <p>Sides Soup Fresh Veggie Dippers Assorted Fruit 100% Fruit Juice</p>	<p style="text-align: right;">17</p> <p>Entrees Turkey & Gravy w/Mashed Potatoes Oriental Chicken Salad w/WG Roll PBJ Sandwich</p> <p>Sides Green Beans Garden Salad Assorted Fruit 100% Fruit Juice</p>	<p style="text-align: right;">18</p> <p>Entrees Personal Pizza Hummus Dipper Box PBJ Sandwich</p> <p>Bonus: Apple Cherry Walnut Crisp</p> <p>Sides Seasoned Corn Fresh Veggie Dippers Assorted Fruit 100% Fruit Juice Frozen Juice Bar</p>
<p style="text-align: right;">21</p> <p>Entrees Turkey & Rice w/WG Roll Southwest Pizza PBJ Sandwich</p> <p>Sides Steamed Broccoli Fresh Veggie Dippers Assorted Fruit 100% Fruit Juice</p>	<p style="text-align: right;">22</p> <p>Entrees Sloppy Joe Sandwich Cheesy Toastwich PBJ Sandwich</p> <p>Sides Sweet Potato Puffs Garden Salad Assorted Fruit 100% Fruit Juice Educational Snack</p>	<p style="text-align: right;">23</p> <p>Entrees Chicken Nuggets Italian Deli Flatz PBJ Sandwich</p> <p>Sides X-ray Vision Carrots Fresh Veggie Dippers Assorted Fruit 100% Fruit Juice</p>	<p style="text-align: right;">24</p> <p>Entrees Beef Teriyaki Nuggets w/Potato Smiles Chicken Taco Salad PBJ Sandwich</p> <p>Sides Green Beans Garden Salad Farm Fresh Watermelon 100% Fruit Juice</p>	<p style="text-align: right;">25</p> <p>Entrees Stuffed Crust Pizza Peanut Butter or Yogurt Dipper Box PBJ Sandwich</p> <p>Sides Capri Blend Veggies Fresh Veggie Dippers Assorted Fruit 100% Fruit Juice Frozen Juice Bar</p>
<p style="text-align: right;">28</p> <p>Memorial Day</p> <p>No School Today</p>	<p style="text-align: right;">29</p> <p>Entrees Pasta w/Marinara or Meat Sauce Fish Sticks PBJ Sandwich</p> <p>Sides Corn & Black Beans Garden Salad Assorted Fruit 100% Fruit Juice</p>	<p style="text-align: right;">30</p> <p>Brunch for Lunch Scrambled Eggs w/Biscuit Pancakes w/Sausage PBJ Sandwich</p> <p>Sides Hashbrown Fresh Veggie Dippers Assorted Fruit 100% Fruit Juice</p>	<p style="text-align: right;">31</p> <p>Entrees Manager's Choice Day</p> <p>Sides Manager's Choice Day</p>	<p style="text-align: center;">June 1, 4, and 5</p> <p>Entrees Manager's Choice Day</p> <p>Sides Manager's Choice Day</p>

Fresh From the Farm this Month . . . Fresh Watermelon



Hi Friends. We are one of the most popular fruits. However, we create quite the conversation because some people consider us a vegetable because we are from the cucumber and gourd family.

When picking a good watermelon make sure to pick a heavy one since we are 92% water. The heavier the watermelon for its size, generally means a sweeter, more ripe watermelon. Also, make sure to check the ground spot on the bottom. This is created from us sitting on the ground during our growth. A yellow spot is a good sign, but be careful with greenish or whiteish spots—they are signs that we were picked too late or too early.

