

MAY 2017



# NORTH STAR ELEMENTARY LUNCH MENU

**What is a Meal?**

You must choose at least 3 of the 5 components available for the school lunch price.

**A minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch**

- Meat or meat alternate
- Choice of Vegetable
- Choice of Fruit
- Grain/Bread
- Choice of Milk

1% white, and fat-free chocolate

**Weekly Vegetable Subgroups May Include:**

**Dark green** - spinach, broccoli, romaine and spring salad

**Red/Orange** - carrots, sweet potatoes, tomatoes, red peppers

**Beans/Peas**

**Starchy**-white potatoes, corn, and lima beans

**Other Vegetables:** celery sticks, cucumbers, cauliflower, green peppers, green beans and cabbage

**Daily Fruit Selection May Include:**

oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

**Daily Entree Options may include:**

**PB&J Sandwich with String Cheese & Graham Snack**

**Grilled Chicken Salad w/ roll**

**Fruit & Yogurt Lunch Pack w/Graham Snack & String Cheese**

**Options also include: Milk, Fruit & Vegetable**



Lunch Prices  
Student \$1.55  
Reduced \$.40  
Adult \$3.00

**Monday**

**1**

Jacked Up Fries  
Philly Steak & Cheese  
On a Bun  
or  
Popcorn Chicken  
with a Dinner Roll

**Featured Veggies:**

- Tater Tots
- Baby Carrots
- Choice of Fruit
- Choice of Milk

**Tuesday**

**2**

Chicken Parmesan  
On a Bun  
or  
Walking Taco  
Pretzel Sticks

**Featured Veggies:**

- Refried Beans
- Tomato & Onion Salsa
- Choice of Fruit
- Choice of Milk

**Wednesday**

**3**

Sloppy Joe  
On a Roll  
or  
French Toast Sticks  
With Breakfast Ham

**Featured Veggies:**

- Hash Brown Potato
- Fresh Cucumber Slices
- Choice of Fruit
- Choice of Milk

**Thursday**

**4**

Mini Corn Dogs  
or  
Chicken Alfredo over Penne  
Garlic Bread Stick

**Featured Veggies:**

- Fresh Strawberries
- Romaine Salad
- Choice of Fruit
- Choice of Milk

**Friday**

**5**

Chicken Patty  
On a Bun  
or  
Walking Taco  
Pretzel Sticks

**Featured Veggies:**

- Mexicala Corn
- Tomato & Onion Salad
- Choice of Fruit
- Choice of Milk

**8**

Hot Dog  
On a Bun  
or  
Italian Dunkers  
with Sauce

**Featured Veggies:**

- Curly Fries
- Green Beans
- Choice of Fruit
- Choice of Milk

**9**

Egg, Sausage & Cheese  
on a Honey Glazed Donut  
or  
Chicken Nuggets  
with a Dinner Roll

**Featured Veggies:**

- Tater Tots
- Red Pepper Strips
- Choice of Fruit
- Choice of Milk

**10**

Shrimp Poppers  
Macaroni & Cheese  
or  
Chef Salad  
with a Dinner Roll

**Featured Veggies:**

- Romaine Salad
- Seasoned Green Peas
- Choice of Fruit
- Choice of Milk

**11**

Pulled BBQ Pork  
on a Bun  
or  
Stuff Crust Pizza  
with Sauce

**Featured Veggies:**

- Steamed Carrots
- Cucumber Salad
- Choice of Fruit
- Choice of Milk

**12**

Act 80 Day

**15**

Cheese Burger  
On a Bun  
or  
General Tso Chicken  
Over Rice  
On a Bun

- Sliced Tomatoes
- Steamed Broccoli
- Choice of Fruit
- Choice of Milk

**16**

Chicken Mash Potato Bowl  
with a Dinner Roll  
or  
BBQ Pork  
On a Soft Tortilla

**Featured Veggies:**

- Mashed Potatoes
- Stewed Tomatoes
- Choice of Fruit
- Choice of Milk

**17**

BBQ Ribby  
on a Bun  
or  
Nachos Grande  
Tortilla Chips

**Featured Veggies:**

- Tater Tots
- Carrot Sticks
- Choice of Fruit
- Choice of Milk

**18**

Chicken Fajita  
On a Soft Tortilla  
or  
Beef & Mac  
Garlic Bread Stick

**Featured Veggies:**

- Salsa
- Cucumber Salad
- Choice of Fruit
- Choice of Milk

**19**

Italian Meatballs & Cheese  
On a Roll  
or  
Chicken Nuggets  
with a Dinner Roll

**Featured Veggies:**

- French Fries
- Peas
- Choice of Fruit
- Choice of Milk

**22**

Final Menu to follow

**23**

Final Menu to follow

**24**

Final Menu to follow

**25**

Final Menu to follow

**26**

Have a GREAT Summer!!!

Karen Wertz  
General Manager

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