

May 2019

CROSSLAKE COMMUNITY SCHOOL

BREAKFAST



School Information:
 MENU SUBJECT TO CHANGE
 THIS INSTITUTION IS AN EQUAL
 OPPORTUNITY PROVIDER
 BREAKFAST K=FREE PAID \$1.50



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods.
 Go light on the meat and top your pizza with vegetables like tomatoes,
 onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday



Tuesday



Wednesday

Thursday

Friday

CINNAMON TOAST
 CRUNCH SQUARES **6**
 JUICE/FRUIT
 MILK CHOICES

CEREAL/TOAST **7**
 JUICE/FRUIT
 MILK CHOICES

BREAKFAST PIZZA **8**
 JUICE/FRUIT
 MILK CHOICES

PANCAKE ON A STICK **9**
 JUICE/FRUIT
 MILK CHOICES

BREAKFAST BREAD **10**
 JUICE/FRUIT
 MILK CHOICES

MINI CINNI **13**
 JUICE/FRUIT
 MILK CHOICES

CEREAL/TOAST **14**
 JUICE/FRUIT
 MILK CHOICES

ASST BREAKFAST PIZZA **15**
 JUICE/FRUIT
 MILK CHOICES

PANCAKES **16**
 JUICE/FRUIT
 MILK CHOICES

CINNAMON ROLL **17**
 JUICE/FRUIT
 MILK CHOICES

BREAKFAST BREAD **20**
 JUICE/FRUIT
 MILK CHOICES

CEREAL/TOAST **21**
 JUICE/FRUIT
 MILK CHOICES

ASST BREAKFAST PIZZA **22**
 JUICE/FRUIT
 MILK CHOICES

COOK'S CHOICE **23**
 JUICE/FRUIT
 MILK CHOICES

DUTCH WAFFLE **24**
 JUICE/FRUIT
 MILK CHOICES

MEMORIAL DAY **27**

28

29

30

31

May 2019

CROSSLAKE COMMUNITY SCHOOL

LUNCH



School Information:

LUNCH PRICE \$3.25 MILK \$.30
PLEASE PAY YOUR BILL - MONEY IN FAMILY
ACCOUNTS CARRY OVER TO NEXT YEAR



Fitness Tip: MyPlate recommends:

- Children need at least 60 minutes of physical activity every day.
- Be active together as a family.
- Physical activity should be fun and offer variety.

Monday



Tuesday



Wednesday

Thursday

Friday

MENU SUBJECT TO CHANGE

MACARONI HOTDISH **1**
BREAD STICK
GREEN BEANS
LETTUCE SALAD
FRUIT CHOICES
MILK CHOICES

MEATBALL SUB OR
HOTDOG/BUN **2**
BAKED FRIES
CARROTS
FRUIT CHOICES
MILK CHOICES

QUESADILLA **3**
REFRIED BEANS
LETTUCE SALAD/SALSA
FRUIT CHOICES
MILK CHOICES

POPCORN CHICKEN **6**
SWEET-N-SOUR SAUCE
KEYWEST BLEND VEGGIES
LETTUCE SALAD/RICE
FRUIT CHOICES
MILK CHOICES

SOMETHING ON A BUN **7**
BAKED FRIES
BAKED BEANS
FRUIT CHOICES
MILK CHOICES

TACOS **8**
REFRIED BEANS
CORN/FIXINS/SALSA
FRUIT CHOICES
MILK CHOICES

STUFFED CRUST PIZZA **9**
GREEN BEANS
LETTUCE SALAD
FRUIT CHOICES
MILK CHOICES

TURKEY/CHEESE ON A **10**
GOLDFISH BUN
GOLDFISH CRACKERS
FRESH VEGGIE BAR
FRUIT/MILK CHOICES
FISHING OPENER SATURDAY

CHICKEN WRAP **13**
SEASONED RICE
LETTUCE/VEGGIES
FRUIT CHOICES
MILK CHOICES

OMELET **14**
FRENCH TOAST STIXS
TATOR TOTS/SUNSET SIP
FRUIT CHOICES
MILK CHOICES

SPAGHETTI **15**
MEAT SAUCE
GREEN BEANS/LETTUCE
FRUIT CHOICES
MILK CHOICES

PULLED PORK/BUN **16**
TORTILLA CHIPS/SALSA
COLE SLAW/BAKED BEANS
FRUIT CHOICES
MILK CHOICES

CHEESE BREAD **17**
MARINARA SAUCE
BROCCOLI/CARROTS
FRUIT CHOICES
MILK CHOICES

CHICKEN PATTY/BUN **20**
BAKED FRIES
LETTUCE
FRUIT CHOICES
MILK CHOICES

COOK'S CHOICE **21**

BAG LUNCH **22**
HAM/TURKEY/CHEESE/BUN
TRACK AND FIELD DAY

PIZZA **23**
GREEN BEANS
LETTUCE SALAD
FRUIT CHOICES
MILK CHOICES

CORNDOG **24**
TRI TATORS
CARROTS
FRUIT CHOICES
MILK CHOICES

MEMORIAL DAY **27**

ENJOY YOUR SUMMER **28**

TRY SOMETHING NEW **29**

READ LOTS OF BOOKS **30**
HAVE FUN

THIS INSTITUTION IS AN **31**
EQUAL OPPORTUNITY
PROVIDER
ALTERNATE SANDWICH
AVAILABLE MOST DAYS