

Welcome to our Lunch Cafe at...

Side By Side Elementary

May 2018

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



1 Waffles with Sausage
light and crispy waffles served with a sausage patty
Cinnamon Apple Slices
With Syrup
Fresh Baby Carrots
Fresh Pear
BRUNCH FOR LUNCH TODAY!

2 Mozzarella Sticks
crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce
With Tomato Sauce Dip
Broccoli Florets
Red Pepper Strips
Fresh Apple
Diced Pear Cup

3 Nachos Grande
tortilla chips topped with freshly prepared mexi style meat and cheese sauce
With Mild Salsa
Celery
Black Beans
Fresh Pear
Berry Cup
Mixed blueberries and

4 Cheese Pizza
crispy pizza dough topped with tomato sauce and melted cheese
Or Pepperoni Pizza
Garden Salad
Celery & Carrot Sticks w/
Low Fat Dressing
Fresh Banana
Applesauce

Weekly Alternate Meal: Tuna Salad on a Whole Wheat Roll

7 Chicken Wings
breaded chicken wings baked to perfection
Baked Potato Wedges
Or Crudite & Cheese Platter
Grape Tomatoes
Cucumber Coins
Fresh Apple
Cinnamon Applesauce

8 Pulled Pork Sliders
tender pulled pork with barbecue sauce and coleslaw on a soft bun
Fresh Baby Carrots
Celery
Fresh Orange
Diced Pear Cup

9 Homemade Mac & Cheese
pasta in cheese sauce, garnished with parsley
Grape Tomatoes
Broccoli Bites
Fresh Apple
Berry Cup
Mixed blueberries and

10 Beef Hot Dog on Bun
juicy beef hot dog on a soft bun
With Baked Beans
Cauliflower
Fresh Pear
Sliced Peaches
IT'S STUDENT APPRECIATION DAY

11 Cheese Pizza
crispy pizza dough topped with tomato sauce and melted cheese
Or Pepperoni Pizza
Caesar Salad
Celery & Carrot Sticks w/
Low Fat Dressing
Fresh Banana
Pineapple Cup

Weekly Alternate Meal: Crudite & Cheese with 2 Whole Wheat Dinner Rolls

14 Baked Chicken Tenders
crispy chicken tenders perfect for dipping in your favorite sauce
Sweet Potato Fries
Or Veggie Burger
Grape Tomatoes
Cucumber Coins
Fresh Orange
Diced Pear Cup

15 Grass-Fed Beef & Mashed Potato Bowl
shredded grass-fed beef with layered on top of creamy mashed potatoes & corn, smothered in gravy
Fresh Baby Carrots
Celery
Fresh Grapes

16 Grilled Cheese Sandwich
golden toasted bread with melted gooey cheese pressed and prepared in-house
Homemade Carrot & Raisin Slaw
Cucumber Coins
Fresh Apple
Sliced Peaches

17 Crispy Tacos
homemade spicy taco meat inside a crispy taco shell topped with cheese wrapped in a tortilla
With Kidney Beans
And Mild Salsa
Grape Tomatoes
Celery

18 Cheese Pizza
crispy pizza dough topped with tomato sauce and melted cheese
Or Pepperoni Pizza
Garden Salad
Celery & Carrot Sticks w/
Low Fat Dressing
Fresh Banana
Applesauce

Weekly Alternate Meal: Organic Veggie Burger on a Whole Wheat Bun

21 Crispy Popcorn Chicken
crispy breaded chicken bites baked to perfection
Crispy Tator Tots
Or Egg Salad Sandwich
Fresh Baby Carrots
Garbanzo Beans
Fresh Apple
Pineapple Cup

22 Stuffed Bread Sticks
baked bread sticks filled with melted cheese
Tomato Sauce Dip
Grape Tomatoes
Celery
Fresh Pear
Cinnamon Applesauce

23 BBQ Chicken
chicken coated in BBQ sauce
With Brown Rice
And Sweet Corn
Red Pepper Strips
Fresh Apple
Diced Pear Cup
Lucky Tray Day!

24 Cheeseburger
burger topped with cheese on a freshly toasted bun
Or Burger
burger on a freshly toasted bun
Baked Potato Wedges
Celery
Fresh Pear
Pineapple Cup

25 Cheese Pizza
crispy pizza dough topped with tomato sauce and melted cheese
Or Pepperoni Pizza
Caesar Salad
Green Pepper Slices
Fresh Banana
Sliced Peaches

Weekly Alternate Meal: Egg Salad Sandwich on a Whole Wheat Bagel

28 **MEMORIAL DAY**

29 Tangerine Dream
Chicken Rice Bowl
Bowl with breaded chicken in tangerine sauce, brown rice, broccoli, carrots, and red peppers
Grape Tomatoes
Cucumber Coins
Fresh Apple

30 Egg and Cheese Sandwich
Crispy Tator Tots
Fresh Baby Carrots
Cucumber Coins
Fresh Orange
Pineapple Cup
BRUNCH FOR LUNCH TODAY!

31 Chicken Parmesan Over Pasta
oven baked chicken topped with sauce and melted cheese, all over pasta
Celery
Garbanzo Beans
Fresh Pear
Sliced Peaches

WHITSON'S School Nutrition
We proudly support clean, organic local and sustainable agriculture.

Weekly Alternate Meal: Organic Yogurt, Whole Wheat Bagel, & Cheesestick

SIMPLY ROOTED™
in food and family

We offer a variety of balanced choices to satisfy the needs of customers. This is because we are Simply Rooted™ in food and family and we care about our young customers. Our ingredients are locally sourced, all natural, and organic or non-GMO, whenever possible.

Lunch Prices:
Elementary Lunch \$2.65
Middle School Lunch \$3.25
Reduced Lunch \$4.00 Milk \$5.50

Lunch Includes:
Skim Milk, Low Fat Milk, Fat Free Chocolate Milk or Lactose Free Milk

If you have any questions please contact the Frank Harris Nutrition Center at 203-899-2990.

Daily Alternate Lunch Available:
Tossed Garden Salad: Romaine Lettuce, Grape Tomatoes, Cucumber, Carrot, Low Fat Cheese and 2 Whole Wheat Dinner Rolls. Served with Low Fat Dressing.
Cheese Sandwich: Whole Wheat Bun, Low Fat American Cheese, and Baby Carrots. Served with Low Fat Dressing.
Grades 6th - 8th Deli Option (Side By Side): Turkey, Ham, Turkey Salami, Turkey Bologna, Tuna Salad, American, Provolone, or Swiss Cheese, Lettuce, Tomato, WW Kaiser Roll, WW Tortilla Wrap, Assorted Condiments.

Weekly Alternate Meal Listed On Menu.
Fresh Seasonal Fruits and Vegetable Selections Available Daily.

VEGETARIAN MADE WITH NATURAL INGREDIENTS PORK VEGAN MADE WITH ORGANIC INGREDIENTS

*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. Menu is subject to change, notice posted when available. This institution is an equal opportunity provider.