

Mid Valley Elementary May Lunch Menu

Food Service Director: Amy Costanzo
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What Makes a Meal?

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

Choice of Meat or Meat Alternate
Choice of Vegetable, Choice of Fruit*
Choice of Grain/Bread,
and Choice of Milk

*Students must choose at least one fruit or vegetable



Fresh Fruits and Vegetables Offered Daily

*Vegetables may include:
Broccoli Florets
Baby Carrots
Dark Leafy Greens
Legume Salads
Celery & Cucumber
*May choose two 1/2 cup servings




*Fruits may include:
Crisp Apple
Sliced Peaches
Mixed Fruit
Fresh Orange
Banana
Pineapple Tidbits
Diced Pears
Applesauce
*May choose one 1/2 cup serving

MENUS SUBJECT TO CHANGE



Milk Choices Offered Daily

Fat Free Chocolate,
Fat Free White and Low Fat White

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Choices
1 Pizza Pasta with Sliced Bread Green Beans Chilled Applesauce Low Fat Milk	2 Sweet and Sour Pork over Rice with Sliced Bread Broccoli Mixed Fruit Cup Low Fat Milk	3 Hot Sicilian Hoagie Carrot Coins Pineapple Tidbits Low Fat Milk	4 Steak and Cheese Hoagie Peas Mandarin Oranges Low Fat Milk	5 Beef Taco Salad with Lettuce, Tomato, Cheese, Salsa, and Sliced Bread Corn Sliced Peaches Low Fat Milk	Served Daily: Turkey and Cheese Sandwich Italian Hoagie Peanut Butter and Jelly Sandwich Yogurt with Sliced Bread
8 Sloppy Joe on a Bun Broccoli Pears Low Fat Milk	9 Milk Matters Day! Mac and Cheese w/ Bread Stewed Tomatoes Mixed Fruit Low Fat Milk Yogurt Parfait with Lunch Today!	10 Hot Ham and Cheese On a Pretzel Bun Peas Mandarin Oranges Low Fat Milk	11 Swedish Meatballs over Egg Noodles Green Beans Pineapple Tidbits Low Fat Milk	12 Chicken Caesar Salad with Sliced Bread Carrots Peaches Low Fat Milk	Assorted Salads Served on Tuesday and Thursdays.
15 BBQ Chicken on a Bun Broccoli Sliced Pears Low Fat Milk	16 Italian Dunkers Green Beans Apple Sauce Low Fat Milk	17 Breaded Chicken Parm Sandwich Peas Peaches Low Fat Milk	18 Popcorn Chicken Mashed Potato Bowl Corn Apple Slices Low Fat Milk	19 Pierogies Carrots Pineapple Tidbits Low Fat Milk	Assorted Wraps Served on Monday, Wednesday, and Thursdays.
22 Buffalo Chicken Alfredo with Sliced Bread Broccoli Apple sauce Low Fat Milk	23 Brunch for Lunch! French Toast Sticks with Sausage and Syrup Tater Tots Mixed Fruit Low Fat Milk	24 BBQ Rib on a Bun Green Beans Mandarin Oranges Low Fat Milk	25 Chicken Fried Rice with Sliced Bread Corn Mixed Fruit Low Fat Milk	26 Pepperoni and Cheese Panini Carrot Coins Peaches Low Fat Milk	
29 NO SCHOOL TODAY! 	30 BBQ Chicken Wrap Green Beans Sliced Pears Low Fat Milk	31 Chicken Patty Melt Peas Apple Slices Low Fat Milk 	1 Roasted Pork with Gravy Mashed Potatoes Mandarin Orange Slices Low Fat Milk	2 Steak and Cheese Hoagie Carrot Coins Sliced Peaches Low Fat Milk	The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE
Monday Chicken Nuggets with Bread	Tuesday Cheeseburger	Wednesday Pasta with Meat Sauce and Sliced Bread	Thursday Hot Dog On a Bun	Friday Cheese Pizza	Lunch Prices: Paid \$2.10 Reduced \$0.40