# MAY | 2018

# Ludington Area Schools Breakfast Menu K-5

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| | 1 **COLD BREAKFAST**<br>**HOT BREAKFAST**<br>Toast Egg & Cheese Sausage<br>100% Juice Choice and Fresh Strawberries<br>Variety of Low Fat Milk | 2 **COLD BREAKFAST**<br>**HOT BREAKFAST**<br>**Double Choc. Chip UBR Bites**<br>100% Juice Choice and Blueberries<br>Variety of Milk | 3 **COLD BREAKFAST**<br>**HOT BREAKFAST**<br>Strawberry Bagel Sand.<br>100% Juice Choice and Fresh Banana<br>Variety of Milk | 4 **COLD BREAKFAST** |
| 7 **COLD BREAKFAST** | 8 **COLD BREAKFAST**<br>**HOT BREAKFAST**<br>**Breakfast Pizzazz Sausage**<br>100% Juice Choice and Apple Slices<br>Variety of Low Fat Milk | 9 **COLD BREAKFAST**<br>**HOT BREAKFAST**<br>WG-"Egg & Cheese Omelet<br>W/ Salsa<br>100% Juice Choice and Fresh Banana<br>Variety of Low Fat Milk | 10 **COLD BREAKFAST**<br>**HOT BREAKFAST**<br>Mini Eggo's<br>w/ Syrup<br>100% Juice Choice and Strawberries<br>Variety of Low Fat Milk | 11 **COLD BREAKFAST** |
| 14 **COLD BREAKFAST** | 15 **COLD BREAKFAST**<br>**HOT BREAKFAST**<br>Scrambled Eggs<br>Whole Wheat Bagel<br>100% Juice Choice and Red Delicious Apple<br>Variety of Low Fat Milk | 16 **COLD BREAKFAST**<br>**HOT BREAKFAST**<br>Dutch Waffles<br>W/Strawberries<br>100% Juice Choice and Fresh Grapes<br>Variety of Low Fat Milk | 17 **COLD BREAKFAST**<br>**HOT BREAKFAST**<br>Apple Frudel<br>100% Juice Choice and Fresh Pear<br>Variety of Low Fat Milk | 18 **COLD BREAKFAST** |
| 21 **COLD BREAKFAST** | 22 **COLD BREAKFAST**<br>**HOT BREAKFAST**<br>Bacon Scramble Pizza<br>100% Juice Choice and Orange Wedges<br>Variety of Low Fat Milk | 23 **COLD BREAKFAST**<br>**HOT BREAKFAST**<br>Breakfast Wrap to Go<br>100% Juice Choice and Fresh Pear<br>Variety of Low Fat Milk | 24 **COLD BREAKFAST**<br>**HOT BREAKFAST**<br>**Bosco Breakfast Stick**<br>100% Juice Choice and Golden Delicious Apple<br>Variety of Low Fat Milk | 25 **COLD BREAKFAST** |
| 28 | 29 **COLD BREAKFAST**<br>**HOT BREAKFAST**<br>Toast Egg & Cheese Sausage<br>100% Juice Choice and Fresh Strawberries<br>Variety of Low Fat Milk | 30 **COLD BREAKFAST**<br>**HOT BREAKFAST**<br>**Double Choc. Chip UBR Bites**<br>100% Juice Choice and Blueberries<br>Variety of Milk | 31 **COLD BREAKFAST**<br>**HOT BREAKFAST**<br>Strawberry Bagel Sand.<br>100% Juice Choice and Fresh Banana<br>Variety of Milk | |

**DID YOU KNOW?**
**Research shows that students who skip breakfast have shorter attentions spans and don't do as well on test. Make sure your youngster gets up in time to have a nutritious breakfast either at home or at school.**

**If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint form, found on line at http://www.ascr.usda.gov/complaint filing cust.html, or at any USDA office, of call (866)632-9992 to request the form.**

**STUDENTS ARE REQUIRED TO TAKE A MINIMUM OF EITHER HALF CUP FRUIT OR VEGETABLE WITH THEIR MEAL. They may take 1 cup**

**Of fruits or vegetables**

**COLD BREAKFAST:**
**Variety of Whole Grain Cereal**
**Low Fat Yogurt**
**Variety of 100% Juice**
**Canned, Dried & Fresh Fruit**
**Whole Grain Muffins**
**Crackers- Graham & Animal**
**Low Fat Cheese Sticks**
**Variety of Low Fat Milk**

**QUESTIONS CONCERNING THE MENU PLEASE CONTACT DONNA GARROW,**

# MAY | 2018

# Ludington Area Schools Breakfast Menu 6-12

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| | 1 **COLD BREAKFAST**<br>**HOT BREAKFAST**<br>Toast Egg & Cheese Sausage<br>100% Juice Choice and Fresh Strawberries<br>Variety of Low Fat Milk | 2 **COLD BREAKFAST**<br>**HOT BREAKFAST**<br>**Double Choc. Chip UBR Bites**<br>100% Juice Choice and Blueberries<br>Variety of Milk | 3 **COLD BREAKFAST**<br>**HOT BREAKFAST**<br>Strawberry Bagel Sand.<br>100% Juice Choice and Fresh Banana<br>Variety of Milk | 4<br>**COLD BREAKFAST** |
| 7<br>**COLD BREAKFAST** | 8 **COLD BREAKFAST**<br>**HOT BREAKFAST**<br>**Breakfast Pizzazz Sausage**<br>100% Juice Choice and Apple Slices<br>Variety of Low Fat Milk | 9 **COLD BREAKFAST**<br>**HOT BREAKFAST**<br>WG-"Egg & Cheese Omelet W/ Salsa<br>100% Juice Choice and Fresh Banana<br>Variety of Low Fat Milk | 10 **COLD BREAKFAST**<br>**HOT BREAKFAST**<br>Mini Eggo's w/ Syrup<br>100% Juice Choice and Strawberries<br>Variety of Low Fat Milk | 11<br>**COLD BREAKFAST** |
| 14<br>**COLD BREAKFAST** | 15 **COLD BREAKFAST**<br>**HOT BREAKFAST**<br>**Homemade Scrambled Eggs**<br>Whole Wheat Bagel<br>100% Juice Choice and Red Delicious Apple<br>Variety of Low Fat Milk | 16 **COLD BREAKFAST**<br>**HOT BREAKFAST**<br>Dutch Waffles W/Strawberries<br>100% Juice Choice and Fresh Grapes<br>Variety of Low Fat Milk | 17 **COLD BREAKFAST**<br>**HOT BREAKFAST**<br>Apple Frudel<br>100% Juice Choice and Fresh Pear<br>Variety of Low Fat Milk | 18<br>**COLD BREAKFAST** |
| 21<br>**COLD BREAKFAST** | 22 **COLD BREAKFAST**<br>**HOT BREAKFAST**<br>Bacon Scramble Pizza<br>100% Juice Choice and Orange Wedges<br>Variety of Low Fat Milk | 23 **COLD BREAKFAST**<br>**HOT BREAKFAST**<br>**Chicken Cheese Chorizo Burrito**<br>100% Juice Choice and Fresh Pear<br>Variety of Low Fat Milk | 24 **COLD BREAKFAST**<br>**HOT BREAKFAST**<br>**Breakfast Casserole/ Toast**<br>100% Juice Choice and Golden Delicious Apple<br>Variety of Low Fat Milk | 25<br>**COLD BREAKFAST** |
| 28 | 29 **COLD BREAKFAST**<br>**HOT BREAKFAST**<br>Toast Egg & Cheese Sausage<br>100% Juice Choice and Fresh Strawberries<br>Variety of Low Fat Milk | 30 **COLD BREAKFAST**<br>**HOT BREAKFAST**<br>**Double Choc. Chip UBR Bites**<br>100% Juice Choice and Blueberries<br>Variety of Milk | 31 **COLD BREAKFAST**<br>**HOT BREAKFAST**<br>Strawberry Bagel Sand.<br>100% Juice Choice and Fresh Banana<br>Variety of Milk | |

**DID YOU KNOW?**
**Research shows that students who skip breakfast have shorter attentions spans and don't do as well on test. Make sure your youngster gets up in time to have a nutritious breakfast either at home or at school.**

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**STUDENTS ARE REQUIRED TO TAKE A MINIMUM OF EITHER HALF CUP FRUIT OR VEGETABLE WITH THEIR MEAL. They may take 1 cup**

**Of fruits or vegetables**

**COLD BREAKFAST:**
**Variety of Whole Grain Cereal**
**Low Fat Yogurt**
**Variety of 100% Juice**
**Canned, Dried & Fresh Fruit**
**Whole Grain Muffins**
**Crackers- Graham & Animal**
**Low Fat Cheese Sticks**
**Variety of Low Fat Milk**

**QUESTIONS CONCERNING THE MENU PLEASE CONTACT DONNA GARROW, 231-845-7303 EXT.2041 OR EMAIL dgarrow@lasd.net**

# MAY | 2018

# ulington Area Schools Franklin & Lakeview Menu

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| | 1<br>Walking Nacho's<br>Taco Meat/ Refried Beans<br>Romaine Lettuce, Tomato<br>BBQ- Pork<br>Whole Grain Bun<br>Cole Slaw<br>Diced Peaches | 2<br>WG-Stuffed Crust<br>Pepperoni Pizza<br>WG- Pasta<br>W/ Meat Sauce<br>Garlic Toast<br>Green Beans<br>Golden Delicious Apple | 3<br>Chicken Smackers<br>Homemade Chili<br>Corn Muffin<br>Fresh Pepper Slices<br>Applesauce | 4<br>WG Mini Chicken Corn Dogs<br>4"Mini Sub Sandwich<br>Winter Blend Vegetables<br>Chilled Pears |
| 7<br>Big Daddy's Bold<br>Pepperoni Pizza<br>Breakfast Sandwich<br>Garden Peas<br>Fresh Pear | 8<br>Baked Tostito Scoop<br>Walking Taco, Refried Beans<br>Romaine Lettuce, Tomato<br>Hot Dog/ WG Bun<br>Sweet Potato Waffle Fries<br>Pineapple Tidbits | 9<br>Ham & Cheese Calzone<br>Spaghetti<br>Twisted Garlic Stick<br>Tossed Salad W/ Spinach<br>Lunch Grapes | 10<br>Big Daddy's Bold<br>Cheese Pizza<br>Ravioli<br>WG-Garlic Toast<br>Broccoli Raisin Salad<br>Mandarin Oranges | 11<br>Chicken Rings<br>1 oz Pretzel Rod<br>**Meatloaf w/ Brown Gravy**<br>Mashed Potato/Dinner Roll<br>Tossed Salad W/ Spinach<br>Fruit Cocktail |
| 14<br>Hamburger Patty<br>Whole Grain Bun<br>Hot Dog<br>Whole Grain Bun<br>Hash Brown Stars<br>Chilled Pears | 15<br>Wg-Soft Shell Taco<br>Marinated Black Bean Salad<br>Romaine Lettuce, Tomato<br>BBQ- Ribette Sandwich<br>Whole Grain Hot Dog Bun<br>Brussel Sprouts<br>Blueberries | 16<br>WG-Stuffed Crust Cheese Pizza<br>Chicken Ala King<br>WG- Bread Bowl<br>Steamed Corn<br>Applesauce | 17<br>Chicken Patty<br>Whole Grain Bun<br>Goulash<br>Whole Grain Dinner Roll<br>Spudsters Potato<br>Baby Carrots & Snap Peas<br>Fresh Orange Smiles | 18<br>Pepperoni Calzone<br>Chicken Tetrazzini<br>Twisted Garlic Stick<br>Romaine Salad<br>Mixed Fruit |
| 21 Pop Corn Chicken<br>Ranch Dip<br>Whole Grain Dinner Roll<br>Beef Stew<br>WG Bread Bowl<br>Tossed Salad W/Spinach<br>Fresh Apple Slices | 22<br>4x6 WG-Pepperoni Pizza<br>Turkey & Gravy Over<br>Mashed Potatoes<br>Whole Grain Dinner Roll<br>Glazed Diced Carrots<br>Sweet Pineapple | 23<br>WG- Cheese Quesadilla<br>Bean Salsa<br>Chicken Tenders<br>W/ Tangy BBQ Sauce<br>1 oz. WG Pretzel Rod<br>Green & Yellow Beans<br>Mandarin Oranges | 24<br>Tyson Chicken Drumstick<br>Mashed Potatoes & Gravy<br>Whole Grain Dinner Roll<br>Turkey Dressing Supreme<br>Cherry Tomatoes<br>W/ Lo Cal Ranch Dip<br>Fresh Pear | 25<br>**½ Day**<br>**K-12 Afternoon PLC** |
| 28<br>**No School**<br><br>**Memorial Day** | 29<br>Bean Burger<br>Whole Grain Bun<br>Turkey Hot Dog<br>Whole Grain Bun<br>Baked Beans<br>Fresh Apple Slices | 30<br>WG- Apple Cinnamon<br>French Toast<br>Trix Yogurt/Cheese Stick<br>WG- Breakfast Bagel<br>Steamed Broccoli<br>Fresh Banana | 31<br>Chicken Patty<br>Whole Grain Bun<br>Sloppy Joe<br>Whole Grain Bun<br>Baby Carrots<br>Chilled Pears | |

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**STUDENTS ARE REQUIRED TO TAKE A MINIMUM OF EITHER HALF CUP FRUIT OR VEGETABLE WITH THEIR MEAL.**

**Milk OFFERINGS**

1% White Milk
Fat Free White Milk
Fat Free Chocolate Milk

**Dressings: Lo Cal Ranch, French**
**Condiments: Honey Mustard, BBQ Sauce, Pizza Sauce, Ketchup, Mustard**

***FOODSERVICE RESERVES THE RIGHT TO CHANGE THE MENU WITHOUT NOTICE.***

**QUESTIONS CONCERNING THE MENU PLEASE CONTACT DONNA GARROW, 231-845-7303 EXT.2041 OR EMAIL dgarrow@lasd.net**

# MAY | 2018

# Ludington Area Schools Foster Menu

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| | 1<br>Walking Nacho's<br>Taco Meat/ Refried Beans<br>Romaine Lettuce, Tomato<br>BBQ- Pork<br>Whole Grain Bun<br>***Fruit and Vegetable Bar***<br>Cole Slaw<br>Diced Chilled Peaches | 2<br>WG-Stuffed Crust<br>Pepperoni Pizza<br>WG- Pasta / Meat Sauce<br>Garlic Toast<br>***Fruit and Vegetable Bar***<br>Green Beans<br>Golden Delicious Apple | 3<br>Chicken Smackers<br>Homemade Chili<br>Corn Muffin<br>***Fruit and Vegetable Bar***<br>Fresh Pepper Slices<br>Applesauce | 4<br>Chicken Rings<br>1 oz Pretzel Rod<br>Meatloaf w/ Brown Gravy<br>Mashed Potato/Dinner Roll<br>***Fruit and Vegetable Bar***<br>Tossed Salad W/ Spinach<br>Fruit Cocktail |
| 7<br>Big Daddy's Bold<br>Pepperoni Pizza<br>Breakfast Sandwich<br>***Fruit and Vegetable Bar***<br>Garden Peas<br>Fresh Pear | 8<br>Baked Tostito Scoop<br>Walking Taco, Refried Beans<br>Romaine Lettuce, Tomato<br>Hot Dog/ WG Bun<br>***Fruit and Vegetable Bar***<br>Sweet Potato Waffle Fries<br>Pineapple Tidbits | 9<br>Ham & Cheese Calzone<br>Spaghetti<br>Twisted Garlic Stick<br>***Fruit and Vegetable Bar***<br>Tossed Salad W/ Spinach<br>Lunch Grapes | 10<br>Big Daddy's Bold<br>Cheese Pizza<br>Ravioli<br>WG-Garlic Toast<br>***Fruit and Vegetable Bar***<br>Broccoli Raisin Salad<br>Mandarin Oranges | 11<br>Chicken Rings<br>1 oz Pretzel Rod<br>Meatloaf w/ Brown Gravy<br>Mashed Potato/Dinner Roll<br>***Fruit and Vegetable Bar***<br>Tossed Salad W/ Spinach<br>Fruit Cocktail |
| 14<br>Hamburger Patty<br>Whole Grain Bun<br>Hot Dog<br>Whole Grain Bun<br>***Fruit and Vegetable Bar***<br>Hash Brown Stars<br>Chilled Pears | 15<br>Wg-Soft Shell Taco<br>Marinated Black Bean Salad<br>Romaine Lettuce, Tomato<br>BBQ- Ribette Sandwich<br>Whole Grain Hot Dog Bun<br>***Fruit and Vegetable Bar***<br>Brussel Sprouts<br>Blueberries | 16<br>WG-Stuffed Crust Cheese<br>Pizza<br>Chicken Ala King<br>WG- Bread Bowl<br>***Fruit and Vegetable Bar***<br>Steamed Corn<br>Applesauce | 17<br>Chicken Patty<br>Whole Grain Bun<br>Goulash<br>Whole Grain Dinner Roll<br>Spudsters Potato<br>***Fruit and Vegetable Bar***<br>Baby Carrots & Snap Peas<br>Fresh Orange Smiles | 18<br>Pepperoni Calzone<br>Chicken Tetrazzini<br>Twisted Garlic Stick<br>***Fruit and Vegetable Bar***<br>Romaine Salad<br>Mixed Fruit |
| 21<br>Pop Corn Chicken<br>Ranch Dip<br>Whole Grain Dinner Roll<br>Beef Stew/ Bread Bowl<br>***Fruit and Vegetable Bar***<br>Tossed Salad W/Spinach<br>Fresh Apple Slices | 22<br>4x6 WG-Pepperoni Pizza<br>Turkey & Gravy Over<br>Mashed Potatoes<br>Whole Grain Dinner Roll<br>***Fruit and Vegetable Bar***<br>Glazed Diced Carrots<br>Sweet Pineapple | 23<br>WG- Cheese Quesadilla<br>Bean Salsa<br>Chicken Tenders<br>W/ Tangy BBQ Sauce<br>1 oz. WG Pretzel Rod<br>***Fruit and Vegetable Bar***<br>Green & Yellow Beans<br>Mandarin Oranges | 24<br>Tyson Chicken Drumstick<br>Mashed Potatoes &Gravy<br>Whole Grain Dinner Roll<br>Turkey Dressing Supreme<br>***Fruit and Vegetable Bar***<br>Cherry Tomatoes<br>W/ Lo Cal Ranch Dip<br>Fresh Pear | 25<br>**½ Day**<br>**K-12 Afternoon PLC** |
| 28<br>**No School**<br><br>**Memorial Day** | 29<br>Bean Burger<br>Whole Grain Bun<br>Turkey Hot Dog<br>Whole Grain Bun<br>***Fruit and Vegetable Bar***<br>Baked Beans<br>Fresh Apple Slices | 30<br>WG- Apple Cinnamon<br>French Toast<br>Trix Yogurt/ Cheese Stick<br>WG- Breakfast Bagel<br>***Fruit and Vegetable Bar***<br>Steamed Broccoli<br>Fresh Banana | 31<br>Chicken Patty<br>Whole Grain Bun<br>Sloppy Joe<br>Whole Grain Bun<br>***Fruit and Vegetable Bar***<br>Baby Carrots<br>Chilled Pears | |

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**STUDENTS ARE REQUIRED TO TAKE A MINIMUM OF EITHER HALF CUP FRUIT OR VEGETABLE WITH THEIR MEAL.**

***Yogurt and Muffin Plate***
***Chef Salad***
***offered daily.***

**Your Choice of fresh, canned or dried fruit offered daily.**
**Baby Carrots and Celery sticks offered daily**

***FOODSERVICE RESERVES THE RIGHT TO CHANGE THE MENU WITHOUT NOTICE.***

**Dressings: Lo Cal Ranch, French**

**Condiments: Honey Mustard, BBQ Sauce, Pizza Sauce, Ketchup, Mustard**

**QUESTIONS CONCERNING THE MENU PLEASE CONTACT DONNA GARROW, 231-845-7303 EXT.2041 OR EMAIL dgarrow@lasd.net**

# MAY | 2018

# Ludington Area Schools 6-12 Menu

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| | 1<br>Walking Nacho's<br>Taco Meat/ Refried Beans<br>Romaine Lettuce, Tomato<br>BBQ- Pork<br>Whole Grain Bun<br>***Fruit and Vegetable Bar***<br>Cole Slaw<br>Diced Peaches | 2<br>WG-Stuffed Crust<br>Pepperoni Pizza<br>WG- Pasta / Meat Sauce<br>Garlic Toast<br>***Fruit and Vegetable Bar***<br>Green Beans<br>Golden Delicious Apple | 3<br>Chicken Smackers<br>Homemade Chili<br>Corn Muffin<br>***Fruit and Vegetable Bar***<br>Fresh Pepper Slices<br>Applesauce | 4<br>WG Mini Chicken Corn Dogs<br>4"Mini Sub Sandwich<br>***Fruit and Vegetable Bar***<br>Winter Blend Vegetables<br>Chilled Pears |
| 7<br>Big Daddy's Bold<br>Pepperoni Pizza<br>Breakfast Sandwich<br>***Fruit and Vegetable Bar***<br>Garden Peas<br>Fresh Pear | 8<br>Baked Tostito Scoop<br>Walking Taco, Refried Beans<br>Romaine Lettuce, Tomato<br>Hot Dog/ WG Bun<br>***Fruit and Vegetable Bar***<br>Sweet Potato Waffle Fries<br>Pineapple Tidbits | 9<br>Ham & Cheese Calzone<br>Spaghetti<br>Twisted Garlic Stick<br>***Fruit and Vegetable Bar***<br>Tossed Salad W/ Spinach<br>Lunch Grapes | 10<br>Big Daddy's Bold<br>Cheese Pizza<br>Ravioli<br>WG-Garlic Toast<br>***Fruit and Vegetable Bar***<br>Broccoli Raisin Salad<br>Mandarin Oranges | 11<br>Chicken Rings<br>1 oz Pretzel Rod<br>**Meatloaf w/ Brown Gravy**<br>Mashed Potato/Dinner Roll<br>***Fruit and Vegetable Bar***<br>Tossed Salad W/ Spinach<br>Fruit Cocktail |
| 14<br>Hamburger Patty<br>Whole Grain Bun<br>Hot Dog<br>Whole Grain Bun<br>***Fruit and Vegetable Bar***<br>Hash Brown Stars<br>Chilled Pears | 15<br>Wg-Soft Shell Taco<br>Marinated Black Bean Salad<br>Romaine Lettuce, Tomato<br>**BBQ- Ribette Sandwich**<br>Whole Grain Hot Dog Bun<br>***Fruit and Vegetable Bar***<br>Brussel Sprouts<br>Blueberries | 16<br>WG-Stuffed Crust Cheese Pizza<br>Chicken Ala King<br>WG- Bread Bowl<br>***Fruit and Vegetable Bar***<br>Steamed Corn<br>Applesauce | 17<br>Chicken Patty<br>Whole Grain Bun<br>Goulash<br>Whole Grain Dinner Roll<br>Spudsters Potato<br>***Fruit and Vegetable Bar***<br>Baby Carrots & Snap Peas<br>Fresh Orange Smiles | 18<br>Pepperoni Calzone<br>Chicken Tetrazzini<br>Twisted Garlic Stick<br>***Fruit and Vegetable Bar***<br>Romaine Salad<br>Mixed Fruit |
| 21<br>Pop Corn Chicken<br>Ranch Dip<br>Whole Grain Dinner Roll<br>Beef Stew/ Bread Bowl<br>***Fruit and Vegetable Bar***<br>Tossed Salad W/Spinach<br>Fresh Apple Slices | 22<br>4x6 WG-Pepperoni Pizza<br>Turkey & Gravy Over<br>Mashed Potatoes<br>Whole Grain Dinner Roll<br>***Fruit and Vegetable Bar***<br>Glazed Diced Carrots<br>Sweet Pineapple | 23<br>WG- Cheese Quesadilla<br>Bean Salsa<br>Chicken Tenders<br>W/ Tangy BBQ Sauce<br>1 oz. WG Pretzel Rod<br>***Fruit and Vegetable Bar***<br>Green & Yellow Beans<br>Mandarin Oranges | 24<br>Tyson Chicken Drumstick<br>Mashed Potatoes &Gravy<br>Whole Grain Dinner Roll<br>Turkey Dressing Supreme<br>***Fruit and Vegetable Bar***<br>Cherry Tomatoes<br>W/ Lo Cal Ranch Dip<br>Fresh Pear | 25<br>**½ Day**<br>**K-12 Afternoon PLC**<br><br>**LHS Graduation** |
| 28<br>**No School**<br><br>**Memorial Day** | 29<br>Bean Burger<br>Whole Grain Bun<br>Turkey Hot Dog<br>Whole Grain Bun<br>***Fruit and Vegetable Bar***<br>Baked Beans<br>Fresh Apple Slices | 30<br>WG- Apple Cinnamon<br>French Toast<br>Trix Yogurt/ Cheese Stick<br>WG- Breakfast Bagel<br>***Fruit and Vegetable Bar***<br>Steamed Broccoli<br>Fresh Banana | 31<br>Chicken Patty<br>Whole Grain Bun<br>Sloppy Joe<br>Whole Grain Bun<br>***Fruit and Vegetable Bar***<br>Baby Carrots<br>Chilled Pears | |

**STUDENTS ARE REQUIRED TO TAKE A MINIMUM OF EITHER ONE HALF CUP FRUIT OR VEGETABLE WITH THEIR MEAL**

Romaine Salad and Bread
Products offered daily

**MIK OFFERINGS**

1% White Milk
Fat Free White Milk
Fat Free Chocolate Milk

**Monday; Spicy Chicken Patty/bun**
**Tuesday: Chicken Tender/Pretzel Rod**
**Wednesday: Buffalo Crunchers/Pretzel Rod**
**Thursday: : Sriracha Boneless Wings**
**Friday: Hot & Spicy Chicken Tenders**

**Monday; Calzone Pepperoni & Cheese**
**Tuesday: Big Daddy's Bold Cheese Pizza**
**Wednesday: Stuffed Crust Pepperoni Pizza Thursday: Three Meat Pizza**
**Friday: Pepperoni Pizza-SF**

***FOODSERVICE RESERVES THE RIGHT TO CHANGE THE MENU WITHOUT NOTICE.***

**Condiments:**
Honey Mustard, BBQ Sauce, Pizza Sauce
Ketchup, Mustard, Diced Onions

**QUESTIONS CONCERNING THE MENU PLEASE CONTACT DONNA GARROW, 231-845-7303 EXT.2041 OR EMAIL dgarrow@lasd.net**

**Dressings:**
Lo Cal Ranch, French, Lo Cal Italian
1000 Island
Raspberry Vinaigrette