

Sylacauga City Schools

006 - Nichols Lawson Middle

Apr 24, 2019

May Lunch Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|---|
| | | Wed - 5/1/2019 Walking Taco Pinto Beans Assorted Fruit Romaine Salad Shredded Cheese Tomatoes Cucumbers Jalapeno Peppers Celery Sticks Fresh Broccoli Pepper Strips Diced Eggs Green Peppers Ranch Dressing Milk Variety Salsa Sauce, Taco PC | Thu - 5/2/2019 BBQ Rib Assorted Fruit Baked Beans Cole Slaw Romaine Salad Baby Carrots Tomatoes Cucumbers Green Peppers Dill Pickles Celery Sticks Diced Eggs CROUTONS Fresh Broccoli Ranch Dressing Milk Variety | Fri - 5/3/2019 Chicken Bites Mashed Potatoes Romaine Salad Tomatoes Baby Carrots Fresh Broccoli Green Peppers Celery Sticks Pepper Strips Cucumbers Diced Eggs Gravy English Peas Assorted Fruit Ranch Dressing Milk Variety Roll Honey Mustard |
| Mon - 5/6/2019 Cheese Stix Marinara Dipping Sa Blackeye Peas Assorted Fruit Romaine Salad Celery Sticks Baby Carrots Tomatoes Pepperoncini Green Peppers Diced Eggs CROUTONS Fresh Broccoli Ranch Dressing Milk Variety | Tue - 5/7/2019 Pig in Blanket Chili Sauce Potato Wedges Assorted Fruit Romaine Salad Tomatoes Baby Carrots Cucumbers Diced Eggs CROUTONS Green Peppers Pepper Strips Ranch Dressing Milk Variety Cheese Sauce | Wed - 5/8/2019 Fajita Wrap Pinto Beans Romaine Salad Green Peppers Baby Carrots Celery Sticks Jalapeno Peppers Diced Eggs CROUTONS Assorted Fruit Milk Variety Ranch Dressing Salsa Shredded Cheese | Thu - 5/9/2019 Chicken Tenders French Fries Romaine Salad Tomatoes Fresh Broccoli Baby Carrots Diced Eggs CROUTONS Celery Sticks Green Peppers Assorted Fruit Milk Variety Honey Mustard Ranch Dressing Brownie Pudding | Fri - 5/10/2019 Sloppy Joe Hash Browns Assorted Fruit Romaine Salad Tomatoes Cucumbers Baby Carrots Green Peppers Celery Sticks Diced Eggs CROUTONS Pepper Strips Shredded Cheese Ranch Dressing Milk Variety |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

* - denotes combined nutrient totals with either missing or incomplete nutrient data.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|--|
| Mon - 5/13/2019 Crisпитos Pinto Beans Cheese Sauce Assorted Fruit Romaine Salad Tomatoes Baby Carrots Cucumbers Fresh Broccoli Diced Eggs CROUTONS Green Peppers Ranch Dressing Salsa Milk Variety | Tue - 5/14/2019 Hamburger Roasted Potatoes Baked Beans Assorted Fruit Romaine Salad Baby Carrots Tomatoes Celery Sticks Cucumbers Dill Pickles Diced Eggs CROUTONS Black Olives Ranch Dressing Milk Variety | Wed - 5/15/2019 Steak Nuggets Ranch Potatoes Romaine Salad Baby Carrots Cucumbers Celery Sticks Green Peppers Pepper Strips Tomatoes Fresh Broccoli Diced Eggs Gravy Green Beans Assorted Fruit Ranch Dressing Milk Variety Roll Sweet and Sour Sa | Thu - 5/16/2019 Hot Pocket Assorted Fruit Glazed Carrots Romaine Salad Baby Carrots Tomatoes Fresh Broccoli Cucumbers Green Peppers Pepper Strips CROUTONS Diced Eggs Milk Variety Chocolate Pudding Ranch Dressing | Fri - 5/17/2019 Cheese Pizza PEPPERONI PIZZA Assorted Fruit Seasoned Corn Romaine Salad Baby Carrots Tomatoes Jalapeno Peppers Cucumbers Green Peppers CROUTONS Diced Eggs Shredded Cheese Milk Variety Choc. Chip Cookie Ranch Dressing |
| Mon - 5/20/2019 Spicy Chicken Grilled Chicken San Baked Nacho Chee Baked Beans Romaine Salad Fresh Broccoli Pepper Strips Baby Carrots Dill Pickles Diced Eggs CROUTONS Assorted Fruit Milk Variety Ranch Dressing | Tue - 5/21/2019 Mexican Fiestada Pi Seasoned Corn Assorted Fruit Romaine Salad Tomatoes Baby Carrots Black Olives Celery Sticks Pepperoncini Green Peppers Diced Eggs Ranch Dressing Milk Variety Chocolate Grahams | Wed - 5/22/2019 Corn Dog French Fries Assorted Fruit Romaine Salad Tomatoes Celery Sticks Baby Carrots Fresh Broccoli Diced Eggs Cucumbers CROUTONS Green Peppers Ranch Dressing Milk Variety | | |

Breakfast Prices: Reduced \$.30; Paid \$1.50; Staff \$2.00; Visitors \$2.50.

Lunch Prices: Reduced \$.40; Paid \$2.45; Staff \$3.15; Visitors \$4.50.

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