

Sylacauga City Schools

May Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		Wed - 5/1/2019 Steak Nuggets Gravy Green Beans Roasted Potatoes Romaine Lettuce Shredded Cheese Tomatoes Baby Carrots Cucumbers Juice Mandarin Oranges Milk Variety Ranch Dressing Carnival Cookie Breadstick	Thu - 5/2/2019 Lasagna Rolls Seasoned Corn Lima Beans Romaine Lettuce Shredded Cheese Tomatoes Green Peppers Baby Carrots Juice Peach Cup Milk Variety Ranch Dressing Chocolate Grahams Roll	Fri - 5/3/2019 Chicken Fajita Broccoli w/ Cheese Pinto Beans Romaine Lettuce Tomatoes Pepperoncini Cucumbers Shredded Cheese Juice Assorted Fruit Milk Variety Ranch Dressing GEN. TSO SAUCE SPICY SAUCES Roll
Mon - 5/6/2019 Salisbury Steak&Gr Mashed Potatoes English Peas Juice Apple Romaine Lettuce Tomatoes Shredded Cheese Cucumbers Black Olives Ranch Dressing Milk Variety Roll	Tue - 5/7/2019 Pig in Blanket Potato Wedges Cole Slaw Cheese Sauce Juice Strawber Cup (com Romaine Lettuce Tomatoes Baby Carrots Jalapeno Peppers Ranch Dressing Milk Variety Brownie Pudding Breadstick	Wed - 5/8/2019 BBQ Pork Potato, Rounds Baked Beans Juice Sliced Pears Romaine Lettuce Tomatoes Pepperoncini Diced Eggs Ranch Dressing Milk Variety Teddy Grahams	Thu - 5/9/2019 Spaghetti Seasoned Corn Assorted Fruit Juice Romaine Lettuce Shredded Cheese Tomatoes Pepperoncini Ranch Dressing Milk Variety Brownie Italian Breadstick	Fri - 5/10/2019 Cheese Stix Marinara Sauce Lima Beans Juice Assorted Fruit Ranch Dressing Romaine Lettuce Diced Eggs Tomatoes Jalapeno Peppers Milk Variety Choc. Chip Cookie
Mon - 5/13/2019 Chicken Fajita California Mixed Ve Brown Rice Romaine Lettuce Sliced Tomatoes Baby Carrots Green Peppers Diced Eggs Cucumbers Ranch Dressing Assorted Fruit Juice Animal Crackers Milk Variety Breadstick Sweet and Sour Sa ASIAN CITRUS SA	Tue - 5/14/2019 Country Steak Gravy Parsley Potatoes Green Beans Romaine Lettuce Tomatoes Shredded Cheese Juice Assorted Fruit Ranch Dressing Roll Brownie Pudding	Wed - 5/15/2019 Mexican Fiestada Pi Seasoned Corn Romaine Lettuce Tomatoes Cucumbers Dill Pickles Baby Carrots Fresh Broccoli Ranch Dressing Juice Assorted Fruit Milk Variety Mini Rice Krispie Tr	Thu - 5/16/2019 Tatertot Casserole Green Beans Romaine Lettuce Shredded Cheese Tomatoes Cucumbers Pepperoncini Baby Carrots Fresh Broccoli Ranch Dressing Juice Assorted Fruit Milk Variety Animal Crackers Roll	Fri - 5/17/2019 MEXICAN BURRIT Spanish Rice Pinto Beans Romaine Lettuce Tomatoes Green Peppers Black Olives Shredded Cheese Ranch Dressing Juice Oranges Milk Variety Fresh Salsa Cheese Enchilada

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 - 5/20/2019 Pepperoni Pizza Seasoned Corn Ranch Dressing Romaine Lettuce Tomatoes Baby Carrots Fresh Broccoli Pepperoncini Assorted Fruit Juice Milk Variety Carnival Cookie	Tue - 5/21/2019 Corn Dog Baked Beans Romaine Lettuce Tomatoes Fresh Onions Baby Carrots Green Peppers Ranch Dressing Juice Assorted Fruit Milk Variety	Wed - 5/22/2019 Chicken Sandwich Hamburger Baked Chips Romaine Lettuce Tomatoes Green Peppers Baby Carrots Juice Assorted Fruit Milk Variety Ranch Dressing		

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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