



# Hess Elementary School MAY 2012 Lunch Menu

## School Nutrition Employee Appreciation Week is May 7 - 11, 2012

**JUST A REMINDER—Account Balances must be paid before June 1, 2012.**



**Alternate Lunch Choices:**

**Week 1:**  
Turkey on Wheat (or)  
PB&J Uncrustable 33g

**Week 2:**  
Ham & Cheese on Rye (or)  
PB&J Uncrustable 33g

**Week 3:**  
Tuna Sub on WholeGrainRoll  
(or) PB&J Uncrustable 33g

**Week 4:**  
Bologna & Cheese on Wheat  
(or) PB&J Uncrustable 33g

**Week 5:**  
Chicken Caesar Salad Platter  
(or) PB&J Uncrustable 33g

**All sandwich choices served with fresh vegetables, fruit & milk.**

**Milk Choices: .40**


1% White 13g  
1% Chocolate 24g  
1% Strawberry 23g  
Lactaid 13g;  
Skim 12g

**Available Snacks & Sides:**

4 oz. Pudding .75  
4 oz. Yogurt / Jell-O .75  
4 oz. Juice .50  
8 oz. Water .50  
Smart Cookies .75  
Baked Chips .75  
Side Garden Salad 1.00

**Prices:**

Lunch 2.00  
Reduced .40  
Breakfast 1.00  
Reduced .30  
Extra Entrée w/ lunch 1.00

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>*Fresh fruit available daily.</b></p> <p><b>*Cracker basket available daily.</b></p> <p><b>*Menu is subject to change.</b></p>	<p><b>1</b>  = <i>Spicy</i></p> <p>General Tso's Chicken 36g <i>(Allergens: Wheat, Eggs, Soy, Milk)</i></p> <p>Steamed Broccoli 4g Mandarin Oranges 17g Milk</p> <p><b>Week 4—Alternate all week</b></p>	<p><b>2</b></p> <p>Cheese Steak on a Whole Grain Roll 38g Baked Waffle Fries 19g Watermelon Cup Milk</p>	<p><b>3</b></p> <p>Baked Popcorn Chicken 10g Dipping Sauce 5g Golden Corn 17g Mixed Fruit Milk</p>	<p><b>4</b></p> <p>Stuffed Crust Pizza 28g Fresh Garden Salad 5g Dressing 6g Assorted Fresh Fruit Cinco de Mayo Cookie Treat / Milk</p>
	<p><b>7</b></p> <p>Cheeseburger on a Bun 28g Glazed Carrots 18g Fresh Apple Slices 8g Milk</p> <p><b>Week 5—Alternate all week</b></p>	<p><b>8</b></p> <p>Baked Chicken Nuggets 15g Dipping Sauce 8g Baked Curly Fries 18g Fresh Fruit Cup Milk</p>	<p><b>9</b></p> <p>Reduced Fat/Reduced Sodium Macaroni &amp; Cheese 28g Warm Bread Stick 12g Seasoned Green Beans 4g Orange Smiles 20g Milk</p>	<p><b>10</b></p> <p>Maple Glazed Pancakes 42g Syrup 36g Sausage Patty 8g Apple Juice 14g Milk</p>	<p><b>11</b></p> <p>Pepperoni Pizzas 21g Fresh Garden Salad 5g Dressing 6g Diced Pears Milk</p>
	<p><b>14</b></p> <p>Low Fat/Low Sodium Hot Dog on a Bun 23g Baked Potato Puffs 14g Fresh Apple 34g Milk</p> <p><b>Week 1—Alternate all week</b></p>	<p><b>15</b></p> <p>Baked Chicken Tenders 15g Dipping Sauce 5g Mixed Vegetables 8g Fresh Grapes Milk</p>	<p><b>16</b></p> <p>Meatball Hoagie on a Whole Grain Roll 28g Baked French Fries 11g Peaches &amp; Cream 17g Milk</p>	<p><b>17</b>  = <i>Spicy</i></p> <p>Baked Buffalo Chicken Tenders 15g Dipping Sauce 5g Celery Sticks 1.5g Applesauce 22g Milk</p>	<p><b>18</b></p> <p>French Bread Pizza Fresh Garden Salad 5g Dressing 6g Assorted Fresh Fruit Milk</p>
	<p><b>21</b></p> <p>Cinnamon Glazed French Toast 48g Syrup 38g Sausage Patty 8g Orange Smiles 20g Milk</p> <p><b>Week 2—Alternate all week</b></p>	<p><b>22</b></p> <p>Baked Tostitos Scoops w/ Taco Meat 34g Reduced Fat Cheese, Lettuce &amp; Tomato 5g Golden Corn 17g Milk</p>	<p><b>23</b></p> <p>Tuna Hoagie w/ Lettuce &amp; Tomato Baked Chips Fresh Apple Slices 8g Milk</p>	<p><b>24</b></p> <p>Chicken Patty on a Bun 37g <i>(Allergens: Soy, Wheat)</i> Baked Sweet Potato Fries Fresh Grapes Milk</p>	<p><b>25</b></p> <p>Pizza Crunchers 28g Fresh Garden Salad 5g Dressing 6g Assorted Fresh Fruit Milk</p>
	<p><b>28 SCHOOL CLOSED MEMORIAL DAY</b></p> 	<p><b>29</b></p> <p>Baked Chicken Sticks 18g Dipping Sauce 5g Baked Curly Fries 18g Pineapple Tidbits 17g Milk</p> <p><b>Week 3—Alternate all week</b></p>	<p><b>30</b></p> <p>Low Fat/Low Sodium Hot Dog on a Bun 23g Baked &amp; Seasoned Potato Wedges 16g Mixed Fruit Milk</p>	<p><b>31</b></p> <p>Turkey Hoagie w/ Lettuce &amp; Tomato Baked Chips Watermelon Cup Milk</p>	<p><b>There is no trans fat in our chicken items. Only reduced fat cheese is used in all menu items. Hot Dogs &amp; Taco Meat are made from beef and turkey. Ham slice and Canadian bacon are made from turkey.</b></p>