

May

April 29th - May 24th

Week #1: 29th - 3rd

Week #2: 6th - 10th

Week #3: 13th - 17th

Week #4: 20th - 24th

KG - 3rd Grade Food Court Menu

Choose **THREE OR MORE COLORS** for a complete meal. One must be **RED** or **GREEN**.



meat/meat
alternative



grain



vegetable



fruit*



milk

Hot Entrees

Choose from several fruit and veggie choices daily



Cheesy Stuffed Breadsticks are BACK!

Comes with a marinara cup, perfect for dipping!



Comes with garlic toast and a ranch cup, perfect for dipping!

Cold Entrees

Choose from several fruit and veggie choices daily

SWEET APPLE CHICKEN SALAD

Grilled chicken breast, romaine, carrots, apples, tomato, grapes, shredded cheddar cheese w/ a Gold Fish snack



Fresh apple slices, peanut butter, carrot dippers with ranch, fresh grapes, ritz crackers, deli meat to include ham and provolone cheese.



PEANUT BUTTER & JELLY



Garden Salad



Ham & Cheese Sandwich



GRAB & GO
ALWAYS FAST ~ ALWAYS FRESH

Weekly Special

Choose from several fruit and veggie choices daily



Grilled CHEESE Sandwich

~ GRILLED ORANGE CHEESE ~

French Toast Breakfast Platter

comes w/a chicken sausage patty, tator tots, syrup and ketchup packet



PULLED PORK SANDWICH

w/tator tots

CHICKEN & WAFFLES

OVEN BAKED CHICKEN TENDERS, WAFFLES SERVED W/SYRUP



Students can choose 1% white milk -or- non-fat chocolate milk (1 cup eq)

*Some whole fruits count as TWO 1/2 cup servings. For example an average sized apple would be considered TWO 1/2 cup servings in and of itself. At least half of the fruits consumed per day should come from whole fruits (fresh, canned, frozen or dried). Students can choose up to TWO 1/2 cup servings of FRESH or cupped fruit and/or hot or cold vegetables every day

A food component is one of five food groups, in which a minimum of three needs to be selected to make a reimbursable meal. These are protein, grains, vegetables, fruit and fluid milk*

A food item is a specific food offered within the food components, for example, 2 slices of whole grain-rich bread, 1 cup of grapes, and 1 cup of milk. This meal meets OVS lunch requirements because three food components are selected out of the five food items offered.

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(833) 256-1665 or (202) 690-7442; or
email:
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This institution is an equal opportunity provider.



What Makes A LUNCH

SELECT 3-5 ITEMS:



one must be a



or

