

MENUS FOR MAY 2012

Orleans Elementary School

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Tuesday, May 1

Free Breakfast

Egg patties 2g, toast 14g

Or

Cereal, toast

Lunch

Walking taco 18g

Shredded lettuce 0g

Diced tomato 2g

Salsa 2g

Peaches 17g

Cinnamon stick 32g

Milk

Wednesday, May 2

Free Breakfast

Biscuit 24g, gravy 8g

Or

Cereal, toast

Lunch

Chicken & noodles 20g

Yeast roll 19g

Mashed potatoes 19g

Carrots 8g

milk

SNACK WELL?

Snack foods are loaded with empty calories from solid fats and added sugar. Sad thing is, a third of all of our daily calories, on average, come from candy, chips, soda, pastries, and other junky snack foods. Luckily, there's a cure for this condition: can you say fresh fruit?



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Thursday, May 3

Free Breakfast

Pancakes 84g, peanut butter

4g, syrup 31g

Or

Cereal, toast 14g

Lunch

Grilled ham & cheese 31g

Potato wedges 13g

Mixed fruit 18g

Pickle spear 2g

milk

Friday, May 4

Free Breakfast

Banana nut muffin 50g

Or

Cereal, toast 14g

Lunch

Bosco sticks 48g

Marinara sauce 4.5g

Salad 0g

Dressing 9g

Cherry juice bar 15g

Milk

Monday, May 7

Breakfast

Breakfast pizza 23g

Or

Cereal, toast 14g

Lunch

Turkey & cheese sub 38g

Lettuce 0g

Tomato 2g

Pickle slices 2g

Mayo 2g

Peach cobbler 40g

Milk

Tuesday, May 8

Breakfast

Scrambled eggs 2g, toast 14g

Or

Cereal, toast 14g

Lunch

Mozzarella cheese stix 35g

Marinara sauce 4.5g

french fries 20g

Pears 20g

Chocolate chip cookie 17g

Milk

Wednesday, May 9

Breakfast

Biscuit 24g, gravy 8g

Or

Cereal, toast

Lunch

Turkey manhattan 35g

Yeast roll 19g

Carrots 8g

Milk

Thursday, May 10

Breakfast

french toast stix 26g,

sausage 1g, syrup 31g

Or

Cereal, toast 14g

Lunch

Hamburger or

hotdog 28g/24g

Doritos 30

Carrot stix 8g

Ranch dip 9g

Apple 18g

Milk

Friday, May 11

Breakfast

Apple cinnamon texas toast

50g

Or

Cereal, toast 14g

Lunch

Spaghetti/meatsauce 30g

Breadstick 30g

Salad 0g

Dressing 9g

Pineapple 15g

milk

Thursday, May 10

Free Breakfast

Pancakes 84g, peanut butter

4g, syrup 31g

Or

Cereal, toast 14g

Lunch

Grilled ham & cheese 31g

Potato wedges 13g

Mixed fruit 18g

Pickle spear 2g

milk

Friday, May 11

Free Breakfast

Banana nut muffin 50g

Or

Cereal, toast 14g

Lunch

Bosco sticks 48g

Marinara sauce 4.5g

Salad 0g

Dressing 9g

Cherry juice bar 15g

Milk

Monday, May 14

Breakfast

Breakfast pizza 23g

Or

Cereal, toast 14g

Lunch

Turkey & cheese sub 38g

Lettuce 0g

Tomato 2g

Pickle slices 2g

Mayo 2g

Peach cobbler 40g

Milk

Tuesday, May 15

Breakfast

Scrambled eggs 2g, toast 14g

Or

Cereal, toast 14g

Lunch

Mozzarella cheese stix 35g

Marinara sauce 4.5g

french fries 20g

Pears 20g

Chocolate chip cookie 17g

Milk

Wednesday, May 16

Breakfast

Biscuit 24g, gravy 8g

Or

Cereal, toast

Lunch

Chicken fries 13g

Yeast roll 19g

Mashed potatoes 19g

Broccoli 2.5g

Milk

Thursday, May 17

Breakfast

Waffle stix 56g, peanut

butter 4g, syrup 31g

Or

Cereal, toast 14g

Lunch

Grilled cheese 30g

Tomato soup 17g

Crackers 9g

Pear crisp 37g

Milk

Friday, May 18

Breakfast

Blueberry muffin 50g

Or

Cereal, toast 14g

Lunch

Paradise Pizza

Salad 0g

Dressing 9g

Strawberries 27g

Milk



MOTHER'S DAY - MAY 13, 2012
FATHER'S DAY - JUNE 17, 2012