



## SCC & Head Start Lunch Menu May 2017

Chartwells Dining at Lake Shore Public Schools



**Student lunch \$2.45    Reduced price \$.40    Adult Meals \$3.15**



Due to product availability, menu is subject to change without notice

Student lunch includes a choice of entrée with protein and grain, two (2) vegetable side dishes, one (1) fruit side dish and milk.



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> WG French Bread Cheese Pizza Mixed Veggies Chilled Pears 	<b>2</b> Boneless Buffalo Wings Baked Tator Tots Baked Beans WG Dinner Roll Rosy Applesauce 	<b>3</b> WG French Toast Turkey Sausage Patty Hashbrown Starz Pineapple Tidbits	<b>4</b> Lake Shore Popcorn Chicken Bowl WG Dinner Roll Chilled Peaches 	<b>5</b> Beef Soft Taco Shredded Cheddar Southwest Black Beans Fruit Cocktail 
<b>8</b> WG Chicken Rings WG Dinner Roll Smiley Fries Fresh Apple 	<b>9</b> Cheeseburger on WG Bun Baked Tator Tots Baked Beans Fresh Orange Smiles	<b>10</b> Turkey & Cheese on WG Bun Carrot Snackers Fresh Pear	<b>11</b> Macaroni & Cheese WG Breadstick Roasted Broccoli Fresh Banana 	<b>12</b> WG Bosco Sticks Sauce for Dippin' Mixed Veggies Fresh Green Apple 
<b>15</b> Beef Soft Taco Shredded Cheddar Southwest Black Beans Chilled Pears	<b>16</b> WG Spaghetti/Sauce with Meatballs WG Breadstick Savory Green Bean Rosy Applesauce 	<b>17</b> Colby Cheese Omelet Turkey Sausage Patty WG Cinnamon Roll Pineapple Tidbits	<b>18</b> WG Chicken Sticks Baked Tator Tots Baked Beans WG Dinner Roll Chilled Peaches 	<b>19</b> WG French Bread Cheese Pizza Mixed Veggies Fruit Cocktail
<b>5/15-HS 0-5 Closed</b>				
<b>22</b> WG Chicken Tenders WG Dinner Roll Seasoned Wedges Baked Beans Fresh Apple 	<b>23</b> Cheeseburger on WG Bun Broccoli/Cheese Fresh Orange Smiles 	<b>24</b> WG French Toast Sticks Turkey Sausage Patty Hashbrown Starz Fresh Pear 	<b>25</b> Breaded Chicken Leg WG Buttered Noodles Seasoned Peas WG Dinner Roll Fresh Banana	<b>26</b> Turkey & Cheese on WG Bun Carrot Snackers Fresh Green Apple
<b>29</b> <b>NO SCHOOL</b>  <b>MEMORIAL DAY</b>	<b>30</b> Beef Soft Taco Shredded Cheddar Refried Beans/Cheese Rosy Applesauce 	<b>31</b> WG Pancakes Turkey Sausage Patty Hashbrown Starz Fresh Pear	 <p><b>SCHOOL LUNCH HERO DAY</b>            No need for a cape when you have an apron.            May 5, 2017</p>	

For full menu listings, nutritional & allergen information along with pictures please visit [lakeshore.nutrislice.com](http://lakeshore.nutrislice.com) and download the School Lunch app powered by Nutrislice!  
 Go to [www.choosemyplate.gov](http://www.choosemyplate.gov) for online personal wellness resources for you and your family

**This institution is an equal opportunity provider**

## This Months Food Focus: **BERRIES**

- \* Berries get their color from phytochemicals.
- \* Berries can be frozen or fresh, so you can enjoy them year-round.
- \* Strawberries grow on plants, but all other berries grow from bushes. The size of the bush depends on where they are growing. They can grow in any climate and just about anywhere, from forests to flowerpots.
- \* Strawberries are the only fruit that have their seeds on the outside, rather than inside the fruit. On an average, each strawberry has 200 seeds!!!
- \* Blueberries are one of the only foods that are truly blue in color.



**Chartwells Food and Nutrition Guidelines make it easier than ever for students to make healthy food and beverage choices at school!!**

### **OUR GUIDELINES:**

- \*Provide more deeply colored, nutrient dense, and fiber rich fruits and vegetables, such as sweet potatoes, spinach, peaches, broccoli, and beans
  - \*Provide more whole grain foods, such as brown rice and whole wheat
  - \*Encourage lean proteins including vegetarian and plant based
  - \*Reduce unhealthy fats, sodium, and sugar
  - \*Continue Chartwells' dedication to earth and community friendly practices by serving hormone free milk, poultry products without the routine use of antibiotics, sustainable seafood, cage free shell eggs, and locally grown produce
- To learn more about Chartwells go to [www.EatLearnLive.com](http://www.EatLearnLive.com)

