



May 2017

Serving Only  
Hormone Free Milk  
(V) Notes a Vegetarian Meal

Breakfast Menu

No Pork  
Products  
Served

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> <b>Honey Kissed Sausage Pancake Stack</b> Fresh Fruit Choice Of Milk	<b>2</b> <b>Cream Cheese Stuffed Bagels</b> Fresh Fruit Choice Of Milk	<b>3</b> <b>Fruit Frudel</b> Fresh Fruit Choice Of Milk	<b>4</b> <b>French Toast Sticks</b> Maple Syrup Fresh Fruit Choice Of Milk	<b>5</b> <b>Assorted Breakfast Rounds</b> Strawberry Go-Gurt Fresh Fruit Choice Of Milk
<b>8</b> <b>Turkey Bacon and Scrambled Egg Pizza</b> Or Turkey Sausage Breakfast Pizza Fresh Fruit Choice Of Milk	<b>9</b> <b>WG Banana Muffin</b> Assorted Yogurt Fresh Fruit Choice Of Milk	<b>10</b> <b>Lemon Chip Crisp Bars</b> Fresh Fruit Choice Of Milk	<b>11</b> <b>Sausage and Egg Breakfast Sandwich</b> WG Biscuit Fresh Fruit Choice Of Milk	<b>12</b> <b>Mini Cinni's</b> Fresh Fruit Choice Of Milk
<b>15</b> <b>Waffles</b> Maple Syrup Fresh Fruit Choice Of Milk	<b>16</b> <b>Turkey Sausage, Egg &amp; Cheese Breakfast Boat</b> Fresh Fruit Choice Of Milk	<b>17</b> <b>Assorted Breakfast Rounds</b> Strawberry Go-Gurt Fresh Fruit Choice Of Milk	<b>18</b> <b>Apple Cinnamon Muffin</b> Assorted Yogurt Fresh Fruit Choice Of Milk	<b>19</b> <b>Cream Cheese Stuffed Bagels</b> Fresh Fruit Choice Of Milk
<b>22</b> <b>Mini Alphabet Treats</b> Strawberry Go-Gurt Fresh Fruit Choice Of Milk	<b>23</b> <b>Turkey Sausage Egg and Cheese Sliders</b> Fresh Fruit Choice Of Milk	<b>24</b> <b>Mini Cinni's</b> Fresh Fruit Choice Of Milk	<b>25</b> <b>Fresh Baked Blueberry Muffin</b> Turkey Sausage Patties Fresh Fruit Choice Of Milk	<b>26</b> <b>Fruit Pockets</b> Fresh Fruit Choice Of Milk
<b>29</b> 	<b>30</b> <b>Scrambled Eggs w/ Home Fries</b> Whole Wheat English Muffin Fresh Fruit Choice Of Milk	<b>31</b> <b>WG Orange Muffin</b> Assorted Yogurt Fresh Fruit Choice Of Milk	<b>1</b>	<p><b>Milk Selections</b>                      Choice of 8oz Milk Offered Daily                      1% Plain                      Fat Free Plain                      Fat Free Chocolate</p> <p><b>Fresh Fruit Selections</b>                      1c of Fresh Fruit Offered Daily                      Apple Banana                      Pear Orange</p>

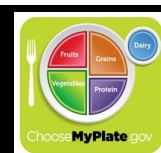


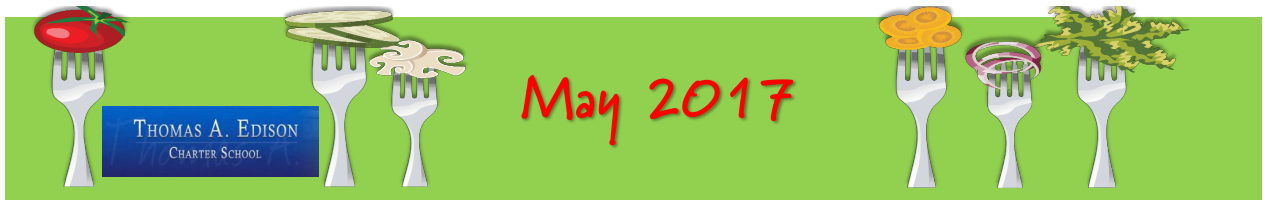
Get up and Go with Breakfast!

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Food Service Management

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Make your Plate a Healthy Plate.  
Good Nutrition starts with You.





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(V) Notes a Vegetarian Meal

## Lunch Menu

No Pork  
Products  
Served

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> <b>Chicken Nuggets w/ Dipping Sauce</b> Bread Stick <b>Grilled Chicken w/ Lettuce</b> <b>Taco Salad</b>	<b>2</b> <b>Meatball Sub</b> on Whole Grain Steak Roll <b>Beef Bologna &amp; Cheese</b> <b>Rotini Pasta Salad w/ Tuna</b>	<b>3</b> <b>Cheeseburger</b> on Whole Grain Bun <b>Turkey and Cheese Deli Sandwich</b> <b>Fruit and Cheese Tray (V)</b>	<b>4</b> <b>Oven Baked Rotisserie Chicken</b> Whole Grain Biscuit <b>Buffalo Chicken Wrap</b> <b>Turkey Cobb Salad</b>	<b>5</b> <b>Turkey Ham &amp; Cheese Pretzel Melt</b> w/ Mustard <b>Turkey Hoagie</b> <b>Strawberry Chicken Spinach Salad</b>
Roasted Baby Carrots Tator Tots	Parmesan Broccoli Sweet Potato Fries	Seasoned French Fry Sticks Savory Baked Beans	Cajun Black Beans Garlic & Herb Roasted Potatoes	Crinkle Cut Fries California Blend Veg.
<b>8</b> <b>BBQ Beef Riblet</b> on Whole Grain Bun <b>Grilled Chicken w/ Lettuce</b> <b>Taco Salad</b>	<b>9</b> <b>Oven Fried Chicken</b> Whole Grain Corn Muffin <b>Beef Bologna &amp; Cheese</b> <b>Rotini Pasta Salad w/ Tuna</b>	<b>10</b> <b>Chicken Caesar Wrap</b> 10" Tortilla <b>Turkey and Cheese Deli Sandwich</b> <b>Fruit and Cheese Tray (V)</b>	<b>11</b> <b>Tex Mex Macaroni</b> Tortilla Chips <b>Buffalo Chicken Wrap</b> <b>Turkey Cobb Salad</b>	<b>12</b> <b>Tuna Salad Sandwich</b> Fresh Fruit <b>Turkey Hoagie</b> <b>Strawberry Chicken Spinach Salad</b>
Roasted Sweet Potatoes Herb Peas & Carrots	Lemon Garlic Spinach Creamy Whipped Potatoes	Salsa & Tortilla Chips	Fiesta Corn Salsa	Chilled Black Bean & Corn Salad
<b>15</b> <b>Buffalo Chicken Cheesesteak</b> on Whole Grain Steak Roll <b>Grilled Chicken w/ Lettuce</b> <b>Taco Salad</b>	<b>16</b> <b>Super Beef Nacho Supreme</b> Tortilla Chips <b>Beef Bologna &amp; Cheese</b> <b>Rotini Pasta Salad w/ Tuna</b>	<b>17</b> <b>Teriyaki Meatballs</b> Pineapple Brown Rice <b>Turkey and Cheese Deli Sandwich</b> <b>Fruit and Cheese Tray (V)</b>	<b>18</b> <b>Chicken Alfredo over Egg Noodles</b> Bread Stick <b>Buffalo Chicken Wrap</b> <b>Turkey Cobb Salad</b>	<b>19</b> <b>Fresh Baked Pizza</b>  <b>Turkey Hoagie</b> <b>Strawberry Chicken Spinach Salad</b>
Sweet Potato Fries Cajun Black Beans	Fiesta Corn Salsa	Edamame Succotash	Broccoli	Garden Salad
<b>22</b> <b>Breaded Chicken Sandwich w/ Sauce of the Day</b>  on Whole Grain Bun  <b>Grilled Chicken w/ Lettuce</b> <b>Taco Salad</b>	<b>23</b> <b>Personal Pizza</b>  <b>Beef Bologna &amp; Cheese</b> <b>Rotini Pasta Salad w/ Tuna</b>	<b>24</b> <b>Tangerine Chicken Lo Mein</b>  WG Asian Noodles  <b>Turkey and Cheese Deli Sandwich</b> <b>Fruit and Cheese Tray (V)</b>	<b>25</b> <i>Memorial Day Celebration</i> Pulled BBQ Chicken Tex Mex Vegetable Diced Carrots Jalapeno Cheddar Biscuit 100% Juice Sidekick 10oz	<b>26</b> <b>American Hoagie</b>  on Hoagie Bun  <b>Turkey Hoagie</b> <b>Strawberry Chicken Spinach Salad</b>
Crinkle Cut Fries Creamy Broccoli & Cauliflower	Chilled Baby Carrots with Ranch	Broccoli		Garbanzo Bean Salad
<b>29</b> 	<b>30</b> <b>Southern Chicken Bowl</b>  WG Corn Muffin <b>Beef Bologna &amp; Cheese</b> <b>Rotini Pasta Salad w/ Tuna</b>	<b>31</b> <b>WG Spaghetti w/ Meatsauce</b>  Fresh Fruit <b>Turkey and Cheese Deli Sandwich</b> <b>Fruit and Cheese Tray (V)</b>	<b>1</b>	<b>Milk Selections</b> Choice of 8oz Milk Offered Daily <b>1% Plain</b> <b>Fat Free Plain</b> <b>Fat Free Chocolate</b>  <b>Fresh Fruit Selections</b> 1c of Fresh Fruit Offered Daily <b>Apple Pear</b> <b>Banana Orange</b>
	Creamy Whipped Potatoes Garlic Butter Green Beans	Parmesan Broccoli Roasted Baby Carrots		

### Make your Food Work for You!

If you skip meals you are more likely to overeat later in the day. Rather than a couple of big meals each day, eat smaller meals or snacks about every 4 to 5 hours.



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