

2017

MAY Satellite Lunch



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CHOICES

SIDES

1
HAMBURGER
OR
BAGEL YOGURT PACK

BAKED BEANS
FRESH CARROTS, APPLE
DRIED CRANBERRIES

2 CHICKEN OR
BEAN NACHOS
OR
TACO SALAD/BLACK
BEAN TACO SALAD
WITH TORTILLA CHIPS

CORN
JICAMA STICKS
BANANA

3 CHICKEN A LA KING
WITH RICE
OR
TURKEY BOLOGNA
& CHEESE SANDWICH

FRESH CELERY
CANTALOUPE CHUNKS
APPLESAUCE

4 CHICKEN DRUMSTICK
OR
CHEF SALAD

ROASTED DICED POTATOES
FRESH VEG
BANANA

5 CHEESE PIZZA
OR
COLD CUT COMBO SUB

SIDE SALAD
FRESH CARROTS
GRAPES, FRUIT CUP

MPS WELLNESS WEEK
#MPSWELLNESSWEEK



8 CHICKEN PATTY
SANDWICH
OR
BAGEL YOGURT PACK

POTATO WEDGES
FRESH CARROTS, APPLE
DRIED CRANBERRIES

9 SWEDISH MEATBALLS
WITH ROTINI NOODLES
OR
CHICKEN CAESAR SALAD

PEAS
FRESH CUCUMBER SLICES
BANANA

10 CHICKEN ALFREDO/
PASTA ALFREDO
OR DELI TURKEY
& CHEESE SANDWICH

STEAMED CARROTS
FRESH BROCCOLI
MANDARIN ORANGE
APPLESAUCE

11 #MNTHURS
FERNDALE
TURKEY TACOS WITH
BEANS, SALSA LISA
OR
CHICKEN CAESAR SALAD

BANANA
MIXI CHOCOLATE
FROZEN YOGURT

12 CHEESE OMELET
WITH PANCAKES
OR
COLD CUT COMBO SUB

ROASTED BREAKFAST
POTATOES, FRESH
CARROTS, GRAPES
FRUIT CUP

CHOICES

SIDES

15 ALL BEEF
HOT DOG
OR
BAGEL YOGURT PACK

POTATO WEDGES
FRESH CARROTS, APPLE
DRIED CRANBERRIES

16 CHICKEN OR
BEAN NACHOS
OR
TACO SALAD/BLACK
BEAN TACO SALAD
WITH TORTILLA CHIPS

JALISCO BEAN SALAD
FRESH CELERY
BANANA

17 LASAGNA ROLL
OR
TURKEY BOLOGNA
& CHEESE SANDWICH

SPINACH SIDE SALAD
FRESH CUCUMBER
KIWI WEDGES
APPLESAUCE

18 TERIYAKI CHICKEN
DRUMSTICK WITH
YELLOW RICE
OR
CHEF SALAD

GREEN BEANS
FRESH VEGETABLES
BANANA

19 CHEESE PIZZA
OR
COLD CUT COMBO SUB

COUNTRY VEG MEDLEY
FRESH CARROTS
GRAPES, FRUIT CUP

CHOICES

SIDES

22 HAMBURGER
OR
BAGEL YOGURT PACK

BAKED BEANS
FRESH CARROTS, APPLE
DRIED CRANBERRIES

23 PANCAKES &
TURKEY SAUSAGES
OR
CHICKEN CAESAR SALAD

ROASTED BREAKFAST
POTATOES, GRAPE
TOMATOES, BANANA

24 CHICKEN TACOS
WITH TOPPING
OR
DELI TURKEY
& CHEESE SANDWICH

FRESH BROCCOLI
ORANGE WEDGES
APPLESAUCE

25 TURKEY & GRAVY
OR
CHICKEN CAESAR SALAD

MASHED POTATOES
FRESH VEGETABLES
BANANA

26 POTATO CRUSTED
FISH FILLET WITH
MAC & CHEESE
OR
COLD CUT COMBO SUB

FIESTA CORN
FRESH CARROTS
GRAPES, FRUIT CUP

CHOICES

SIDES

29
**No
School**

30 CHICKEN PATTY
SANDWICH
OR
BAGEL YOGURT PACK

POTATO WEDGES
FRESH CARROTS
BANANA

31 CHICKEN
A LA KING
WITH RICE
OR
TURKEY BOLOGNA
& CHEESE SANDWICH

FRESH CELERY
HONEYDEW CHUNKS
APPLESAUCE

KNOW YOUR FOOD



MEATLESS OPTION
AVAILABLE



FARM TO SCHOOL
ITEM



CONTAINS
FISH



OUR BAKED GOODS ARE
WHOLE GRAIN



SKIM & 1% MILK
AVAILABLE DAILY