

MAY | 2023

Mt. Comfort Elementary Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Walking Taco Refried Beans Fresh Fruit Choice of Milk	2 Chicken Drumstick Biscuit Mashed Potatoes Fresh Fruit Choice of Milk	3 Hot Dog Candied Carrots Fresh Fruit Choice of Milk	4 Chicken Fries Mac and Cheese Broccoli Fresh Fruit Choice of Milk	5 French Bread Pizza Celery Fresh Fruit Choice of Milk
6 Beef Teriyaki Dippers Dinner Roll Carrots Fresh Fruit Choice of Milk	9 Mini Corn Dogs Baked Beans Fresh Fruit Choice of Milk	10 Bosco Sticks with Marinara Sauce Corn Fresh Fruit Choice of Milk	11 Orange Chicken Vegetable Fried Rice Broccoli Fresh Fruit Choice of Milk	12 Sliced Cheese Pizza Cucumbers Fresh Fruit Choice of Milk
15 Sweet & Sour Meatballs Brown Rice Broccoli Fresh Fruit Choice of Milk	16 Chicken and Waffles Strawberry Topping Carrots Fresh Fruit Choice of Milk	17 Chicken Pot Pie Green Beans Fresh Fruit Choice of Milk	18 Hamburgers Baked Beans Fresh Fruit Choice of Milk	19 Calzones Corn Fresh Fruit Choice of Milk
22 French Toast Sticks Sausage Sweet Potato Wedges Fresh Fruit Choice of Milk	23 Field Day! Sack Lunch with Fresh Vegetables Fresh Fruit Choice of Milk	24 Last Day! Assorted Pizza Carrots Fresh Fruit Choice of Milk	25	26

Build a Meal

Chose 3-5 meal components to make a health, well-balanced meal:

- Protein-Whole Grain-Fruit- Vegetable- Milk
- One component must be a fruit or vegetable, may chose up to 2 of each

Daily Alternative Choices:

All alternative meals include choice of milk, fruit and/or vegetable

Mon/Wed/Fri:

- Lunch Kits (similar to lunchables):
 - Pizza
 - Turkey, Cheese and Crackers

Tues/Thurs:

- Peanut-Free Wowbutter and Jelly Sandwich^v
- Protein Power: yogurt, grain, string cheese^v

Meal Prices:
 Breakfast: \$2.25
 Lunch: \$3.40
 Adult: \$4.80
 Extra Milk: \$0.50

Summer Break!