

MAY 2013

ST JOHNS COUNTY SCHOOL DISTRICT ELEMENTARY MENU













































MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>Variety of Low Fat or Fat Free Milk Offered Daily</p>  <p>Item is 51% or greater whole grain</p>  <p>Reduced / Low Fat item</p>		<p>1 "Real Slice" Cheese or Pepperoni  Pizza  Chicken Fajita Salad and choice of Whole Grain Breadstick  Baby Carrot & Cucumber Dippers with LF Dressing Dunk Cup Sweet Peas Fresh Sliced Apples</p>	<p>2  Hamburger on a Bun  Homestyle Chicken Sandwich  Potato Wedges Baked Beans Peaches Lettuce, Tomato, Pickle Cup Ketchup, Mustard, Mayo</p>	<p>3  Chicken Nuggets and choice of Whole Grain Breadstick  Hot Dog on a Bun  Sweet Potato Puffs Cherry Tomato & Celery Stick Dippers with LF Dressing Dunk Cup Choice of 100% juice: Apple, Apple Cherry or Fruit Punch Dipping Sauce, ketchup, mustard</p>
<p>6  Chicken Quesadilla Max   Max Cheese Sticks  Marinara Sauce Steamed Broccoli Mandarin Oranges Taco Sauce</p>	<p>7  Grilled Cheese Sandwich on Honey Wheat Goldfish Bread  Beef Taco on Ultra Grain Tortillas with lettuce, tomato, cheese cup   Baby Carrot Dippers with LF Dressing Dunk Cup Corn Mixed Fruit Taco Sauce</p>	<p>8  Chicken Nuggets and choice of Whole Grain Breadstick  Chicken Fajita Salad and choice of Whole Grain Breadstick  Baked Beans Cherry Tomato & Celery Stick Dippers with LF Dressing Dunk Cup Fresh Sliced Apples Dipping Sauce Dunk Cup</p>	<p>9  Pasta & Meatballs  Fajita Chicken Wrap  Spinach / Romaine Salad Mix with LF Salad Dressing Sweet Green Peas Peaches Taco Sauce</p>	<p>10  BBQ Chicken and choice of Whole Grain Breadstick   "Real Slice" Cheese or Pepperoni Pizza  Steamed Carrots Green Beans Choice of 100% juice: Apple, Apple Cherry or Fruit Punch</p>
<p>13  Macaroni & Cheese Honey BBQ Ribette Sandwich  Steamed Broccoli Green Beans Applesauce</p>	<p>14  Mini Corn Dogs  Cheese Tortellini with Marinara Sauce Spinach / Romaine Salad Mix with LF Salad Dressing Corn Mixed Fruit Mustard, Ketchup</p>	<p>15 "Real Slice" Cheese or Pepperoni  Pizza  Chicken Fajita Salad and choice of Whole Grain Breadstick  Baby Carrot & Cucumber Dippers with LF Dressing Dunk Cup Sweet Peas Fresh Sliced Apples</p>	<p>16  Hamburger on a Bun  Homestyle Chicken Sandwich  Potato Wedges Baked Beans Peaches Lettuce, Tomato, Pickle Cup Ketchup, Mustard, Mayo</p>	<p>17  Chicken Nuggets and choice of Whole Grain Breadstick  Hot Dog on a Bun  Sweet Potato Puffs Cherry Tomato & Celery Stick Dippers with LF Dressing Dunk Cup Choice of 100% juice: Apple, Apple Cherry or Fruit Punch Dipping Sauce, ketchup, mustard</p>
<p>20  Chicken Quesadilla Max   Max Cheese Sticks  Marinara Sauce Steamed Broccoli Mandarin Oranges Taco Sauce</p>	<p>21  Grilled Cheese Sandwich on Honey Wheat Goldfish Bread  Beef Taco on Ultra Grain Tortillas with lettuce, tomato, cheese cup   Baby Carrot Dippers with LF Dressing Dunk Cup Corn Mixed Fruit Taco Sauce</p>	<p>22 Chicken Nuggets and choice of Whole Grain Breadstick  Chicken Fajita Salad and choice of Whole Grain Breadstick  Baked Beans Cherry Tomato & Celery Stick Dippers with LF Dressing Dunk Cup Fresh Sliced Apples Dipping Sauce Dunk Cup</p>	<p>23  Pasta & Meatballs  Fajita Chicken Wrap  Spinach / Romaine Salad Mix with LF Salad Dressing Sweet Green Peas Peaches Taco Sauce</p>	<p>24  BBQ Chicken and choice of Whole Grain Breadstick   "Real Slice" Cheese or Pepperoni Pizza  Steamed Carrots Green Beans Choice of 100% juice: Apple, Apple Cherry or Fruit Punch</p>
<p>27 Memorial Day Student / Teacher Holiday</p>	<p>28  Mini Corn Dogs  Cheese Tortellini with Marinara Sauce Spinach / Romaine Salad Mix with LF Salad Dressing Corn Mixed Fruit Mustard, Ketchup</p>	<p>29 "Real Slice" Cheese or Pepperoni  Pizza  Chicken Fajita Salad and choice of Whole Grain Breadstick  Baby Carrot & Cucumber Dippers with LF Dressing Dunk Cup Sweet Peas Fresh Sliced Apples</p>	<p>30  Hamburger on a Bun  Homestyle Chicken Sandwich  Potato Wedges Baked Beans Peaches Lettuce, Tomato, Pickle Cup Ketchup, Mustard, Mayo</p>	<p>31  Chicken Nuggets and choice of Whole Grain Breadstick  Hot Dog on a Bun  Sweet Potato Puffs Cherry Tomato & Celery Stick Dippers with LF Dressing Dunk Cup Choice of 100% juice: Apple, Apple Cherry or Fruit Punch Dipping Sauce, ketchup, mustard</p>

" This institution is an equal opportunity provider and employer."