

	<i>Check out the following website: www.simplygoodfood.org</i>	Montabella ELEMENTARY Lunch Menu May 2012 Lunch Price \$1.85 Reduced Price: \$.40		
	1 Toasted Cheese Sandwich w/ Dinosaur Pasta BBQ Picnic Beans Fresh Baby Carrots Fresh Petite Banana 2 nd Choice: Bagel, Boiled Egg, Cream Cheese and Orange Juice Fun Lunch	2 Roast Pork Baked Potato Half w/ Promise Steamed and Seasoned Green Beans Jello w/ Fruit 2 nd Choice: Meaty Chef Salad w/ Cheese	3 Nachos w/ Seasoned Beef and Cheese Corn on the Cob Homemade Fruit Crisp 2 nd Choice: Yogurt, String Cheese, Fish Graham & Fruit Fun Lunch	4 Sausage 4x6 Pizza Macaroni and Bean Salad Steamed and Seasoned Green Beans Red Delicious Apple 2 nd Choice: Turkey BLT Wrap
7 Spaghetti w/ Meatballs Garlic Breadstick Fresh Broccoli & Cauliflower Bites Chilled Pears 2 nd Choice: Hammie Sammie (ham & American cheese on WG Bun)	8 Turkey and Cheese Melt BBQ Picnic Beans Fresh Petite Banana Kids Munchie Snacks 2 nd Choice: Bagel, Boiled Egg, Cream Cheese and Orange Juice Fun Lunch	9 Cheesy Scrambled Eggs w/ Lowfat Yogurt Wheat Pancake Hashbrown Patty Pure Orange Juice 2 nd Choice: Meaty Chef Salad w/ Cheese	10 Macaroni & Cheese Steamed and Seasoned Green Beans Garden Salad w/ Tomatoes Whole Grain Breadstick Mandarin Oranges 2 nd Choice: Yogurt, String Cheese, Fish Graham & Fruit Fun Lunch	11 Cheese 4x6 Pizza Cukes & Radish Mix Fresh Petite Banana Animal Crackers 2 nd Choice: : Turkey BLT Wrap
14 Wet Burrito w/ Sauce Fresh Cucumber Slices Fruit Cocktail Whole Grain Blueberry Loaf 2 nd Choice: Hammie Sammie (ham & American cheese on WG Bun)	15 Mustang Grinder (Ham, Pepperoni & American Cheese) Sweet Potato Puffs Orange Smiles Teddy Grahams 2 nd Choice: Bagel, Boiled Egg, Cream Cheese and Orange Juice Fun Lunch	16 Cheesy Filled Max Stix w/ Dipping Sauce Steamed and Seasoned Corn Fresh Apple 2 nd Choice: Meaty Chef Salad w/ Cheese	17 Mustang Hash California Blend Vegetables Sherbet Cup 2 nd Choice: Yogurt, String Cheese, Fish Graham & Fruit Fun Lunch	18 Pepperoni 4x6 Pizza Steamed and Seasoned Sweet Peas Fresh Strawberries Wheat Bread Slice w/ Promise 2 nd Choice: Turkey BLT Wrap
21 Turkey Hotdog on a WG Bun Garden Pasta Chilled Peaches Hot Pretzel 2 nd Choice: Hammie Sammie (ham & American cheese on WG Bun)	22 Fish Sticks Macaroni & Cheese Fresh Cukes w/ Lite Ranch Fresh Apple 2 nd Choice: Bagel, Boiled Egg, Cream Cheese and Orange Juice Fun Lunch	23 Chicken Nuggets w/ WG Breading Corn on the Cob Bug Bites Juice Bar 2 nd Choice: Meaty Chef Salad w/ Cheese	24 Chicken & Noodle Casserole Crudite Cup Fruit Cocktail Wheat Dinner Roll 2 nd Choice: Yogurt, String Cheese, Fish Graham & Fruit Fun Lunch	25 Sausage 4x6 Pizza Steamed and Seasoned Mixed Vegetables Jello w/ Fruit Cinnamon Crunch Mania 2 nd Choice: Turkey BLT Wrap
28 No School	29 Mini Italian Sub on a WG Hotdog Bun Brown Rice w/ Veggies Fresh Carrot Snacks Fresh Petite Banana 2 nd Choice: Bagel, Boiled Egg, Cream Cheese and Orange Juice Fun Lunch	30 Turkey & Gravy over Mashed Potatoes Stuffing Made w/ Wheat Bread Steamed and Seasoned Green Beans & Carrots Homemade Fruit Crisp 2 nd Choice: Meaty Chef Salad w/ Cheese		Skim Chocolate and White Milk is served with all meals!

Go to www.choosemyplate.gov for online personal wellness resources for you and your family.

This menu is subject to change without notice.

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