

MAY 2024



MOUNT UNION MAY 2024
ELEMENTARY LUNCH MENU

What is a Meal?
You must choose at least 3 of the 5 components available for the school lunch price.

Minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch
Meat or meat alternate
Choice of Vegetable
Choice of Fruit
Grain/Bread
Choice of Milk - 1% white, and fat-free chocolate

Weekly Vegetable Subgroups May Include:
Dark green - spinach, broccoli, romaine and spring salad
Red/Orange - carrots, sweet potatoes, tomatoes, red peppers
Beans/Peas
Starchy - white potatoes, corn, and lima beans
Other Vegetables: celery sticks, cucumbers, cauliflower, green peppers, green beans and cabbage

Daily Fruit Selection May Include:
oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges



**LEAVE YOUR LUNCHBOX AT HOME!
DAILY ALTERNATES.**

Fresh Entree Salad of the Week



Craveable of the Week, which could include:
Make your Own Pizza, Yogurt Cheese stick and Crackers, Breadstick Dipper, and Super Fruit.



Monday	Tuesday	Wednesday	Thursday	Pizza Friday!
<p>1</p>  <p>Chicken & Waffles or Corn Dog</p> <p>Featured Veggies: Mashed Potatoes Steamed Corn Choice of Fruit Choice of Milk</p>	<p>2</p>  <p>Loaded Tator Tots with Breadstick or Monte Cristo Sandwich on french toast</p> <p>Featured Veggies: Tator Tots Chic Peas Choice of Fruit Choice of Milk</p>	<p>3</p> <p>Pepperoni Pizza or Buffalo Chicken Flatbread with a roll</p> <p>Featured Veggies: Baked Beans Romaine Salad Choice of Fruit Choice of Milk</p>	<p>4</p> <p>Lasagna Roll with garlicstick or BBQ Rib on a roll</p> <p>Featured Veggies: Tomato Slices Red Pepper Strips Choice of Fruit Choice of Milk</p>	<p>5</p> <p>Toasted Cheese Sandwich or Turkey Ranch Wrap</p> <p>Featured Veggies: Tomato Soup Tater Tots Choice of Fruit Choice of Milk</p>
<p>6</p> <p>Macaroni & Cheese with Breadstick or Turkey & Cheese Hoagie</p> <p>Featured Veggies: Steamed Peas Tomato Wedges Choice of Fruit Choice of Milk</p>	<p>7</p> <p>Cheese Pizza or Meatball Sub on a roll</p> <p>Featured Veggies: Oven Fries Chic Peas Salad Choice of Fruit Choice of Milk</p>	<p>8</p> <p>Shirley Twp Picnic Corn Dog or Chicken Tenders w/ Soft Pretzel</p> <p>Featured Veggies: Scalloped Potatoes Pasta Salad Choice of Fruit Choice of Milk</p>	<p>9</p> <p>Chicken Nuggets with a dinner roll or Sweet Italian Sausage On a Bun</p> <p>Featured Veggies: Tater Tots Baby Carrots Choice of Fruit Choice of Milk</p>	<p>10</p> <p>Walking Taco Pretzel Sticks or Ham & Cheese Sandwich</p> <p>Featured Veggies: Steamed Corn Cherry Tomatoes Choice of Fruit Choice of Milk</p>
<p>11</p> <p>Chicken Alfredo w/ garlic stick or Pizza Bagel</p> <p>Featured Veggies: Steamed Green Beans Celery Sticks Choice of Fruit Choice of Milk</p>	<p>12</p> <p>Stromboli or Cheeseburger on a roll</p> <p>Featured Veggies: Steamed Broccoli Chic Pea Salad Choice of Fruit Choice of Milk</p>	<p>13</p> <p>Pepperoni Pizza or Turkey & Cheese on a bun</p> <p>Featured Veggies: Steamed Carrots Romaine Salad Choice of Fruit Choice of Milk</p>	<p>14</p> <p>Pizza Casserole with a breadstick or Hot Dog on a roll</p> <p>Featured Veggies: Steamed Green Beans Tomato Wedges Choice of Fruit Choice of Milk</p>	<p>15</p> <p>Toasted Cheese Sandwich or Steak & Cheese on a Flatbread</p> <p>Featured Veggies: Tomato Soup Celery Sticks Choice of Fruit Choice of Milk</p>
<p>16</p> <p>Chef's Choice or Sloppy Joe on a roll</p> <p>Featured Veggies: Mashed Potatoes Steamed Corn Choice of Fruit Choice of Milk</p>	<p>17</p> <p>Chef's Choice or Ham & Cheese on a pretzel roll</p> <p>Featured Veggies: Oven Fries Red Pepper Strips Choice of Fruit Choice of Milk</p>	<p>18</p> <p>Breakfast Sandwich or Chicken Patty on a bun</p> <p>Featured Veggies: Steamed Carrots Romaine Salad Choice of Fruit Choice of Milk</p>	<p>19</p> <p>Free Summer Lunch</p>	<p>20</p> <p>Free Summer Lunch</p>

All Student Lunches are Free

All a la carte and 2nd lunches are regular price
Adult Lunch 3.90

Debbie Lear, Food Service Director
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USDA is an equal opportunity provider and employer.

No Restrictions

All under 18 eat free!

Free Summer Lunch

Starts on June 3rd

Monday
thru
Thursday

FREE

FREE

Free

Free