

# K-8 MENU - MAY

Rockland District Middle School - South School - Owls Head - MacDougal - Gilford Butler

All Hot Lunches are served with a choice of 1% Low Fat Milk or 1/2% Low Fat Chocolate Milk - An alternate meal of Peanut Butter and Jelly on W.G. White Bread is available Daily

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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<p>4</p> <p>Bagel<sup>WW</sup> &amp; Cream Cheese<sup>LT</sup></p> <p>Fresh Fruit, Cold Cereals<sup>WG</sup>, Low Fat Milk, 100% Fruit Juice</p> <p>Popcorn Chicken w/ Roll<sup>WW</sup> Smiley Fries Fresh Fruit</p>	<p>5</p> <p>Croissant Sandwich w/ Bacon &amp; Egg</p> <p>Fresh Fruit, Cold Cereals<sup>WG</sup>, Low Fat Milk, 100% Fruit Juice</p> <p>"Breakfast for Lunch" Waffle Sticks<sup>WG</sup>, Sausage Patty &amp; Hash Brown Fresh fruit</p>	<p>6</p> <p>Breakfast Pizza<sup>MG</sup></p> <p>Fresh Fruit, Cold Cereals<sup>WG</sup>, Low Fat Milk, 100% Fruit Juice</p> <p>Italian Vegetable Soup with Garbanzos &amp; Curly Pasta<sup>MG</sup> Grilled Cheese Sandwich<sup>WWW</sup> Sliced Peaches</p>	<p>7</p> <p>Eng. Muffin<sup>WW</sup> Sand. w/ Ham &amp; Egg</p> <p>Fresh Fruit, Cold Cereals<sup>WG</sup>, Low Fat Milk, 100% Fruit Juice</p> <p>Meat<sup>B&amp;T</sup> Lasagna w/ 3 cheeses Garden Salad w/ Romaine Lettuce, Tomato, Snow Peas, Carrot &amp; Italian Dressing<sup>LT</sup> Apple Crisp<sup>WG</sup></p>	<p>8</p> <p>A Variety of Fruited Scones</p> <p>Fresh Fruit, Cold Cereals<sup>WG</sup>, Low Fat Milk, 100% Fruit Juice</p> <p>Double Stuffed Crust Pizza<sup>WG</sup> Fresh Baby Carrots w/ Ranch<sup>FF</sup> Mixed Fruit Cup "TRY ME" Mystery Item</p>
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<p>11</p> <p>Whole Grain Breakfast Bun</p> <p>Fresh Fruit, Cold Cereals<sup>WG</sup>, Low Fat Milk, 100% Fruit Juice</p> <p>Cheeseburger on a Bun<sup>WW</sup> Curly Fries Apple Sauce</p>	<p>12</p> <p>Biscuit Sandwich w/ Sausage &amp; Egg</p> <p>Fresh Fruit, Cold Cereals<sup>WG</sup>, Low Fat Milk, 100% Fruit Juice</p> <p>Make your own Wrap w/ Sliced Turkey, Flour Tortilla<sup>WW</sup> &amp; choice of Cheese w/ Veggie Fixins &amp; Honey Mustard<sup>FF</sup> or Ranch<sup>FF</sup> Sliced Peaches</p>	<p>13</p> <p>Breakfast Pizza<sup>MG</sup></p> <p>Fresh Fruit, Cold Cereals<sup>WG</sup>, Low Fat Milk, 100% Fruit Juice</p> <p>"Sweet &amp; not so Sour Chick" Chicken with Cherry &amp; Pineapple Glaze served w/ Asian Noodles<sup>MG</sup>, Crispy Chow Mein Noodles &amp; Fortune Cookie</p>	<p>14</p> <p>Croissant Sandwich w/ Ham &amp; Egg</p> <p>Fresh Fruit, Cold Cereals<sup>WG</sup>, Low Fat Milk, 100% Fruit Juice</p> <p>Foot Long Hot Dogs Carrot Slaw Brown Rice &amp; Lentil Pilaf Sliced Pears</p>	<p>15</p> <p>Fruited Muffins</p> <p>Fresh Fruit, Cold Cereals<sup>WG</sup>, Low Fat Milk, 100% Fruit Juice</p> <p>Pepperoni Stuffed Crust Pizza<sup>WG</sup> Fresh Broccoli w/ Ranch<sup>FF</sup> Fresh fruit "TRY ME" Mystery Item</p>
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<p>18</p> <p>French Toast Sticks<sup>WG</sup></p> <p>Fresh Fruit, Cold Cereals<sup>WG</sup>, Low Fat Milk, 100% Fruit Juice</p> <p>Chicken Burger on a Bun<sup>WW</sup> Krinkle Cut Fries Fresh fruit</p>	<p>19</p> <p>Eng. Muffin<sup>WW</sup> Sand. w/ Saus. &amp; Egg</p> <p>Fresh Fruit, Cold Cereals<sup>WG</sup>, Low Fat Milk, 100% Fruit Juice</p> <p>Bacon, Romaine Lettuce &amp; Tomato on White Bread<sup>WWW</sup> w/ Lite Mayo. Popcorn<sup>WG</sup> &amp; Apple Sauce</p>	<p>20</p> <p>Breakfast Pizza<sup>MG</sup></p> <p>Fresh Fruit, Cold Cereals<sup>WG</sup>, Low Fat Milk, 100% Fruit Juice</p> <p>"Make your own Taco" Meat<sup>B&amp;T</sup>, Flour Tortilla, Cheese, Salsa, Fresh Veggie Fixins &amp; Sour Cream Fresh fruit Brown Rice with Corn &amp; Frijoles</p>	<p>21</p> <p>Biscuit Sandwich w/ Bacon &amp; Egg</p> <p>Fresh Fruit, Cold Cereals<sup>WG</sup>, Low Fat Milk, 100% Fruit Juice</p> <p>Grilled Chicken &amp; Curly Pasta<sup>MG</sup> w/Creamy Cheese Sauce. Sweet Three Bean Salad Fresh Fruit</p>	<p>22</p> <p>Fruited Muffins<sup>WG</sup></p> <p>Fresh Fruit, Cold Cereals<sup>WG</sup>, Low Fat Milk, 100% Fruit Juice</p> <p>Cheese Stuffed Bread Sticks<sup>MG</sup> served with Pizza Sauce for dipping. Fresh Baby Carrots w/ Ranch<sup>FF</sup> Sliced Pears "TRY ME" Mystery Item</p>
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 <p><b>MEMORIAL DAY</b></p>	<p>26</p> <p>Assorted Yogurts</p> <p>Fresh Fruit, Cold Cereals<sup>WG</sup>, Low Fat Milk, 100% Fruit Juice</p> <p>BBQ Grilled Chicken Sandwich<sup>WW</sup> Fresh Baby Carrots w/ Ranch<sup>FF</sup> Fresh fruit</p>	<p>27</p> <p>Breakfast Pizza<sup>MG</sup></p> <p>Fresh Fruit, Cold Cereals<sup>WG</sup>, Low Fat Milk, 100% Fruit Juice</p> <p>Teriyaki Chicken Stir Fry w/ Steam Carrot, Zucchini, Summer &amp; Snow Peas over Fried Brown Rice. Mandarin Orange &amp; Fortune Cookie</p>	<p>28</p> <p>Croissant Sand. w/ Ham &amp; Egg</p> <p>Fresh Fruit, Cold Cereals<sup>WG</sup>, Low Fat Milk, 100% Fruit Juice</p> <p>"Italian Dunkers" French Bread w/ Mozzarella cheese and Beef Marinara Sauce for dipping Green Beans Peach Cobbler<sup>WG</sup></p>	<p>29</p> <p>A Variety of Fruited Scones</p> <p>Fresh Fruit, Cold Cereals<sup>WG</sup>, Low Fat Milk, 100% Fruit Juice</p> <p>Twisted Edge Pizza<sup>WG</sup> Fresh Celery Sticks w/ Ranch<sup>FF</sup> Mixed Fruit Cup "TRY ME" Mystery Item</p>
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WG = Whole Grain B&T = Beef & Turkey WWW = White Whole Wheat MG = Multi Grain LT = Low Fat & Calories FF = Fat Free

The Menu is subject to change according to the availability of foods

