May 2018

ALTOONA-MIDWAY USD 387

LUNCH

School Information: USDA IS AN EQUAL OPPORTUNITY EMPLOYER AND PROVIDER

Fitness Tip: MyPlate recommends:
- Children need at least 60 minutes of physical activity every day.
- Be active together as a family.
- Physical activity should be fun and offer variety.

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Super Nachos, Refried Beans, Diced Tomatoes, Fresh Mixed Fruit Cup, (Fruit Choice 9-12), Milk Choice	2 Cheese Pizza, Steamed Carrots, Broccoli, Pineapple, Cherry Crisp (5-12), Build a Salad (5-12), (Fruit Choice 9-12), Milk Choice	3 Pulled Pork Sandwich, Creamy Cole Slaw, Baked Beans, Strawberries, (Fruit Choice 9-12), Milk Choice	4 Cooks Choice
7 Grilled Hamburgers on a Bun, Baked Chips, Celery, Baked Beans, Chocolate Chip Cookie, Banana, (Fruit Choice 9-12), Milk Choice	8 Cooks Choice	9 Yummy Sloppy Joe on a Bun, Roasted Red Potatoes, Peas, Apple, Build a Salad (5-12), (Fruit Choice 9-12), Milk Choice	10 Cheeseburger on a Bun, Dark Green Leaf Lettuce, Tomato Slice, Oven Fries, Red Bell Pepper Strips, Clementine, (Fruit Choice 9-12), Milk Choice	11 Beef & Noodles, Mashed Potatoes, Green Beans, Grapes, Blueberry Oat Muffin (5-12), (Fruit Choice 9-12), Milk Choice
14 Cooks Choice	15 Chicken Crispito, Garlic Breadstick (9-12), Garden Salad, Baby Carrots, Pear, (Fruit Choice 9-12), Milk Choice	16 BBQ Beef on a Bun, Celery, Baked Beans, Summer Fruit Salad, Royal Brownie (5-12), Build a Salad (5-12), (Fruit Choice 9-12), Milk Choice	17 Turkey & Cheese Sub Sandwich, Dark Green Leaf Lettuce, Tomato Slice, Sweet Potato Fries, Banana, (Fruit Choice 9-12), Milk Choice	18
21	22	23	24 Menus subject to change without notice.	25
28	29	30	31	