

MAY 2019



Barkhamsted Elementary School

MONDAY

DID YOU KNOW...

Cinco de Mayo ("The Fifth of May") celebrates the victory of the Mexicans over the French army at The Battle of Puebla in 1862.

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1
Pasta with Red Sauce and Meatballs
Shredded Cheese
Texas Toast
Mixed Vegetables
Assorted Fruit

2
Chicken Tenders
WW Bread & Butter
Buttered Noodles
Broccoli Salad
Baked Beans
Assorted Fruit

3
Tony's Galaxy Cheese Pizza OR Galaxy Cheese Pizza with Ham and Pineapple Chunks
Tossed Salad
Assorted Fruit

6
Cereal Bowl
Goldfish Giant
Grahams
Ham Slice
Sweet Potato Fries
Carrot Sticks
Assorted Fruit

7
Baked Potato Bar with Fixings
Homemade Chili
WW Dinner Roll
Corn-on-the Cob
Carrot Sticks
Assorted Fruit

8
Chicken Alfredo on Rotini
WW Dinner Roll
Steamed Broccoli and Cauliflower
Assorted Fruit

9
Hotdog on a WW Roll
Baked Beans
Crinkle Fries
Assorted Fruit

10
Big Daddy Cheese Pizza OR Cheese Pizza with Hamburger
Tossed Salad
Assorted Fruit

13
Mini Pancakes
Syrup
Scrambled Eggs
Home Fries
Carrot Sticks
Assorted Fruit

14
Sweet & Sour Chicken
Rice Pilaf
WW Bread & Butter
Stir Fried Vegetables
Assorted Fruit

15
Cheese Ravioli
Red Sauce
Meatballs
WW Bread and Butter
Tossed Salad
Assorted Fruit

16
Beef Tacos with the Fixings
Brown Rice
Two Bean Salad
Mixed Vegetables
Assorted Fruit

17
French Bread Cheese Pizza OR Veggies On Top (Choices: Green Pepper, Onion, Broccoli)
Corn Kernel
Assorted Fruit

20
Mini French Toast
Syrup
Egg Patty
Raw Veggie Cup
Assorted Fruit

21
Build A Burger on a WW Roll (Toppings: Lettuce, Tomato, Pickles, Onion, Cheese)
Crinkle Fries
Two Bean Salad
Assorted Fruit

22
Spaghetti with Red Sauce and Chicken
Filet
Steamed Broccoli
Assorted Fruit

23
Grilled Ham & Cheese on a Ciabatta Roll
Macaroni Salad
Green Beans
Assorted Fruit

24
Sausage Pizza Square OR Galaxy Cheese Pizza
Cooked Carrots
Assorted Fruit

27
NO SCHOOL
Memorial Day!
ENJOY!!!

28
Hamburger Patty or Cheeseburger on a WW Roll
Crinkle Fries
Grilled Green Peppers & Onions
Assorted Fruit

29
Pasta With Meat Sauce
Shredded Cheddar Cheese
WW Bread & Butter
Cooked Carrots
Assorted Fruit

30
Bagel with Cream Cheese, Butter OR Peanut Butter
Ham Slice
Raw Veggie Cup
Fruit Parfaits

31
Tony's Galaxy Single Serve Cheese Pizza OR Cheese & Pepperoni Pizza
Tossed Salad
Assorted Fruit

A La Carte

4/29-5/03

Deli Ham & Cheese on a WW Roll

5/06-5/10

Rotini & Chicken Caesar Salad

5/13-5/17

Chef Salad With A Dinner Roll

5/20-5/24

Taco Salad W/Tostitos Scoops, Brown Rice

5/28-5/31

BLT Salad With Turkey and A Garlic Knot

School News

Five food components are offered with each lunch – milk, grain, meat/meat alternate, fruit and vegetable. Students must select AT LEAST 3 out of the 5 components and 1 of the components must be 1/2c. fruit or vegetable. Lunch menu subject to change. Lunch \$2.85 "THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER"

