



Pineapple provides manganese, vit C, and B1 in each serving.

East Penn School District LINCOLN Elementary May 2012



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www.gotoiNutrition.com

Menu subject to change

Breakfast Prices

\$1.10 Paid

\$.30 Reduced

Lunch Prices

\$1.90 Paid

\$2.25 Dominos Paid

\$.40 Reduced

Breakfast Menu:

T/W/Th-

Hot May Include:
french toast sticks,
waffles, pancakes,
pizza, sausage
pancake on a stick,
variety of
sandwiches

M/ F-

Cold May Include:
LOW SUGAR/ WHOLE
GRAIN cereal variety,
toast, muffins, whole
wheat rolls, whole
grain bars

Fruit and Milk are
included daily

Mon	Tue	Wed	Thu	Fri	
	<u>1</u> PULLED BBQ ON A WHEAT BUN THREE BEAN SALAD FRUITED GELATIN 1/2 PINT MILK	<u>2</u> HORNET HOAGIE (HAM, SALAMI, BOLOGNA & CHEESE on a SEEDED roll) CORN NIBLETS PEACH CUP 1/2 PINT MILK	<u>3</u> MACARONI AND CHEESE STEWED TOMATOES APPLESAUCE 1/2 PINT MILK	<u>4</u> PIZZA CARROTS PINEAPPLE 1/2 PINT MILK	May is A Healthier You month. To celebrate we are offering low sugar and whole grain cereal only at breakfast. We are also offering whole grain toast, whole grain muffins, and whole grain cinnamon buns.
<u>7</u> MEATBALL SUB (meatballs with marinara and mozz cheese on a roll) FRESH BROCCOLI CRISP PEARS 1/2 PINT MILK	<u>8</u> HAM & CHEESE STROMBOLI (HAM, CHEESE, SAUCE ON A FLAT BREAD) GREEN BEANS MANDARIN ORANGES 1/2 PINT MILK	<u>9</u> BAKED RIGATONI (PASTA, SAUCE, CHEESE, GROUND BEEF) TOSS SALAD BANANA 1/2 PINT MILK	<u>10 NO ALTERNATE</u> SLICED TURKEY w/GRAVY WHEAT DINNER ROLL MASHED POTATOES HOT APPLE SLICES 1/2 PINT MILK	<u>11</u> WHOLE GRAIN CHICKEN PATTY ON A WHEAT BUN FRESH VEGETABLES ASSORTED FRESH FRUIT 1/2 PINT MILK	
<u>14</u> BEEF SLIDERS BAKED POTATO ROUNDS PEACH CUP 1/2 PINT MILK	<u>15</u> CHICKEN AND BISCUITS WITH GRAVY GREEN BEANS CHERRY CRISP 1/2 PINT MILK	<u>16 NO ALTERNATE</u> DOMINO PIZZA SLICE TOSS SALAD APPLESAUCE 1/2 PINT MILK	<u>17 NO ALTERNATE</u> NACHO CHIPS W/ SEASONED GROUND BEEF (TOPPING: CHEESE, LETTUCE, SALSA) FRESH CARROTS MIXED FRUIT 1/2 PINT MILK	<u>18</u> HOT DOG ON A BUN BAKED BEANS PINEAPPLE 1/2 PINT MILK	Daily milk offering FAT FREE Chocolate, FAT FREE Strawberry, 1% White and Skim
<u>21</u> SALISBURY STEAK W/ GRAVY WHOLE WHEAT SLICE SCALLOPED POTATOES CRISP PEARS 1/2 PINT MILK	<u>22</u> CHICKEN BURRITO (CHICKEN, CHEESE, RE-FRIED BEANS WRAPPED IN A TORTILLA) FRESH VEGETABLES ASSORTED FRESH FRUIT 1/2 PINT MILK	<u>23</u> HAM AND CHEESE ON A CLUB ROLL ROASTED GARBANZO BEANS HOT APPLE SLICES 1/2 PINT MILK	<u>24</u> SPAGHETTI & MEATBALLS SLICED WHEAT BREAD TOSS SALAD MANDARIN ORANGE CUP 1/2 PINT MILK	<u>25</u> PIZZA STICKS W/ MARINARA DIPPING SAUCE FRESH CARROTS ASSORTED FRESH FRUIT 1/2 PINT MILK	<u>Alternate Lunch Choice</u> M: TURKEY & CHEESE ON WHEAT SLICE BREAD T: PIZZA W: CHICKEN NUGGETS W/ WHEAT SLICE Th: EGG PATTY ON A BISCUIT F: NO ALTERNATE
<u>28</u> NO SCHOOL	<u>29</u> CRISP FISH STICKS CORN NIBLETS PEACH CUP 1/2 PINT MILK	<u>30</u> CHICKEN CORDON BLEU ON A WHEAT BUN (CHICKEN, HAM SLICE, CHEESE) GARDEN PEAS FRUITED CAKE 1/2 PINT MILK	<u>31 NO ALTERNATE</u> CHICKEN STRIPS WHEAT SLICE BREAD FRESH CARROTS APPLESAUCE 1/2 PINT MILK	Bottled water is available daily 8 oz \$.50	