

Mon. Apr. 30

BBQ Rib on a Roll, French Fries, Green Beans, Choice of Fruit.

Tue. May 01

Ground Beef Stroganoff, Buttered Noodles, Tossed Salad, Carrots, Peaches.

Wed. May 02

Pancakes w/ Strawberry Topping, Hash Brown, Sausage Pattie, Applesauce.

Thu. May 03

Hamburger on a Roll w/ Ketchup & Pickle, French Fries, Baked Beans, Mixed Vegetables, Pears.

Fri. May 04

Chicken Fajita, Seasoned Rice Corn, Pineapple.

Mon. May 07

Fish Sticks w/ Tartar Sauce, Baked Chips, Broccoli, Pumpkin Bread, Mixed Fruit.

Tue. May 08

Spaghetti w/ Meatballs, Tossed Salad, Yellow Beans, Garlic Bread, Pears.

Wed. May 09

Nachos w/ Meat, Cheese, Lettuce, Tomato and Sour Cream, Brown Rice, Corn, Pineapple.

Thu. May 10

Pizza w/ Cheese & Pepperoni, Marinated Chic Peas, Carrots, Mixed Fruit.

Fri. May 11

Chicken Bowl, Cranberry Sauce, Dinner Roll, Choice of Fruit.

Mon. May 14

Pulled Pork on a Panini, French Fries, Baked Beans, Peaches.


Tue. May 15


Chicken Fajita w/ Peppers & Onions, Seasoned Rice, Corn, Chocolate Chip Cookie, Pineapple.

Wed. May 16

Baked Potato w/ Chili or Cheese Sauce, Broccoli, Corn Bread, Mixed Fruit.

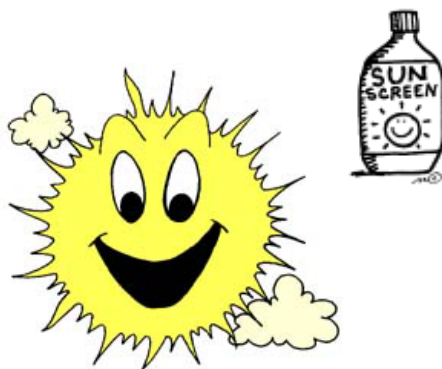
BREAKFAST MENU FOR ALL SCHOOLS

Cereal 

 Fruit or Juice

Milk 

Regular Price: \$1.50 ~ Reduced Price: 30¢



SUN SAFETY in MAY

It's good to get some sun (that's one of the few ways you can get your vitamin D), but overexposure to the sun can burn your skin now, so be careful if you are starting on that summer tan. Protect yourself by:

1. Using a sunscreen with spf of 30 or more when you are out between noon and 3 p.m.
2. Rub sunscreen on your face, the back of your neck, and any other exposed skin. Wear a hat to shield your scalp and face.



Don't Forget
Mother's Day
May 13th

Thu. May 17

Turkey Roast w/ Gravy, Cranberry Sauce, Mashed Potatoes, Peas, Dinner Roll, Choice of Fruit.

Fri. May 18

In-Service Day. Early Dismissal. Breakfast Will Be Served.

Mon. May 21

Orange Juice, Pancakes w/ Blueberry Topping, Hash Brown, Sausage Pattie.

Tue. May 22

Hamburger on a Roll w/ Ketchup & Pickles, French Fries, Green Beans, Peaches.

Wed. May 23

BBQ Chicken, Macaroni Salad, Carrots, Oatmeal Raisin Cookie, Watermelon.

Thu. May 24

Taco Bowl, Refried Beans w/ Salsa & Cheese, Corn, Pineapple.

Fri. May 25

Fish Sticks w/ Tartar Sauce, Baked Chips, Broccoli, Pumpkin Bread, Mixed Fruit.

Mon. May 28

Memorial Day. No School.

Tue. May 29

Chicken Quesadilla, Salsa, Seasoned Rice Corn, Pineapple.

Wed. May 30

Hot Dog on a Roll w/ Relish, French Fries, Baked Beans, Mixed Fruit.

Thu. May 31

Mini Grinder/ Meat, Cheese, Lettuce & Tomato, Baked Chips, Baby Carrots / Lite Ranch Dip, Choice of Fruit.

Fri. Jun. 01

Chicken Nuggets w/ Honey Mustard or BBQ Sauce, French Fries, Mixed Vegetables, Corn Bread, Peaches.

MILK IS SERVED WITH ALL MEALS.
MENU SUBJECT TO CHANGE WITHOUT NOTICE.

SCHOOL LUNCH PRICES

Regular price: \$2.25
Reduced price: 40¢
A la carte milk: 40¢

You may apply for free or reduced prices any time during the school year

Questions? Comments?
Call 684-1307 Rose Goddard

This institution is an equal opportunity provider.

~ Every Day ~

Step out of line for:

- ✓ Bagel Bar
- ✓ Deli Bar
- ✓ Salad Bar

The complete lunch is the same at each station:

- Full price student \$2.25
- Reduced price (40¢) or free where applicable
- Adults \$4.00
- A la carte milk 40¢

**WHAT'S COOKING AT
NESSACUS**

MAY