



2017 May

May is Physical Fitness and Sports Month

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1 Chicken Patty Sandwich Cheeseburger on a Bun Fresh Broccoli Mixed Fruit	2 Cheese Pizza Popcorn Chicken Slice of Wheat Bread Celery Sticks Pineapple Tidbits	3 Pasta w/Meat Sauce Chicken Patty Sandwich Sliced Cucumbers Applesauce	4 Cheeseburger on a Bun Chicken Nuggets Slice of Wheat Bread Fresh Baby Carrots Diced Pears	5 Cheese Pizza Toasted Cheese Sandwich Sliced Cucumbers Diced Peaches	<p>All menus meet or exceed current USDA or state-specific Dietary Guidelines for the Healthy, Hunger-Free Kids Act.</p> <p>Milk Served Daily Skim Chocolate Skim White 1% White</p> <p>Milk A la carte: \$.60</p> <p>Items listed with a red * may contain Pork.</p> <p>Student Lunch: \$2.75</p> <p>Adult Lunch: \$3.15</p> <p>Our Pizzas are Tony's "SMART" pizza – 25% lower in fat with whole grain crust</p> 				
8 Meatball Sub Chicken Nuggets Baked WG Breadstick Fresh Broccoli Mixed Fruit	9 Cheese Pizza Popcorn Chicken Slice of Wheat Bread Fresh Baby Carrots Pineapple Tidbits	10 Hamburger on a Bun Turkey & Cheese Sandwich Green Beans Diced Pears	11 Pasta with Meat Sauce Chicken Nuggets Slice of Wheat Bread Celery Sticks Applesauce	12 Cheese Pizza Hot Dog on a Bun Fresh Broccoli Diced Peaches					
15 Pancakes Chicken Sausage Patty Cheeseburger on a Bun Fresh Broccoli Mixed Fruit	16 Pasta with Meat Sauce Popcorn Chicken Slice of Wheat Bread Fresh Baby Carrots Pineapple Tidbits	17 Cheese Pizza Turkey Sandwich Peas Diced Pears	18 Hamburger on a Bun Chicken Nuggets Slice of Wheat Bread Celery Sticks Applesauce	19 Cheese Pizza Fish Sandwich Fresh Baby Carrots Diced Peaches					
22 Pizza Sticks w/ Marinara Sauce Chicken Patty Sandwich Fresh Broccoli Mixed Fruit	23 Cheese Pizza Hamburger on a Bun Fresh Baby Carrots Pineapple Tidbits	24 Popcorn Chicken Bites Slice of Wheat Bread Turkey & Cheese Sandwich Green Beans Mixed Fruit	25 Corn Dog Chicken Patty Sandwich Fresh Baby Carrots Diced Pears	26 Cheese Pizza Hot Dog on a Bun Celery Sticks Diced Peaches					
29 Memorial Day No School	30 Cheese Pizza Hamburger on a Bun Fresh Baby Carrots Pineapple Tidbits	31 Chicken Patty Sandwich Turkey & Cheese Sandwich Peas Diced Pears	6/1 Penne Alfredo w/Chicken Hot Dog on a Bun Celery Sticks Applesauce	6/2 Cheese Pizza Popcorn Chicken Slice of Wheat Bread Fresh Baby Carrots Diced Peaches					

North Palos Elementary Schools



**Special News...
Treat Yourself Right**

A healthier you means treating yourself right. Eating the right food, and being active are the first steps.

Menus are subject to change without notice.



North Palos School District 117

May Elementary School Menu

Menu Items with Carb. Counts

Items served as a regular part of the daily menu: **Elementary School**

Oranges - 15.7
Apples - 15.4
1% White Milk - 13.0
Skim Chocolate Milk - 24.0
Skim Milk - 13.0

Menu Items: **Elementary School**

Chicken Patty Sandwich - 43.3
Cheeseburger on a Bun - 30.4
Cheese Pizza - 43.9
Popcorn Chicken Bites - 15.2
Pasta w/Meat Sauce - 50.1
Chicken Nuggets - 15.0
Toasted Cheese Sandwich - 27.4
Meatball Sub - 37.5
Hamburger on a Bun - 29.4
Turkey and Cheese Sandwich - 27.5
Hot Dog on a Bun - 31.1
Pancakes w/Syrup - 71.0
Chicken Sausage Patty - 2.0
Turkey Sandwich - 31.0
Fish Sandwich - 43.1
Pizza Sticks w/Marinara Sauce - 41.7
Corn Dog - 27.0
Penne Alfredo w/Chicken - 26.8

Starch, Vegetables, Fruit and Condiments:

Peas - 10.1	Fresh Carrots - 1.0	Diced Pears - 14.2
Green Beans - 3.5	Fresh Celery - .3	Pineapple Chunks - 14.7
Corn - 14.3	Fresh Cucumbers - 2.7	Sliced Peaches - 11.0
Carrots - 5.0	Fresh Broccoli - 1.7	Mixed Fruit - 11.5
Baked Beans - 29.1	BBQ Sauce Pkt. - 3.0	Applesauce - 21.5
Oven Potatoes - 21.8	Mayo Pkt. - .2	Sliced Apples - 15.4
Brown Rice - 35.0	Mustard Packet - .5	Ketchup Pkt. - 2.3
Corn on the Cob - 29.3	Salsa - 2.0	Ranch Dressing - 8.1
Mashed Potatoes - 19.3	Gravy - 6.3	Mexican Rice - 22.6
Tater Tots - 13.6	Romaine Lettuce - .4	Tomato Wedges - 4.1
Dinner Roll - 13.0	Wheat Bread - 11.9	Saltine Crackers (2) - 4.0
Campfire Beans - 29.7	Vegetarian Baked Beans - 29.0	Pinto Beans - 24.9
Apple Juice - 14.0	Orange Juice - 13.0	Fruit Punch - 14.0