



WHAT'S ON THE MENU?

Algonquin Elementary Lunch Menu

May 2019

Lunch Price: \$2.50 Reduced Price: \$.40 Adult Lunch: \$3.75
Breakfast Price: \$1.50 Reduced Price: \$.30 Ala Carte Milk: \$.60

Monday	Tuesday	Wednesday	Thursday	Friday
Golden Graham Cereal Bar Applesauce Cup Milk	Blueberry Muffin String Cheese Berry Cup Milk	Mini Maple Waffles 100% Apple Juice Milk	Crunchmania French Toast Fresh Banana Milk	WG Pop-Tarts String Cheese Mixed Berry Cup Milk
29 Chicken Nuggets Crinkle Cut Fries Dinner Roll	30 Beef & Cheese Nachos Refried Beans Mild Salsa Seasoned Corn Nacho Tuesday	1 French Toast Sticks Sausage Patties Tater Tots, Syrup	2 Chicken Parmesan Rotini Pasta Dinner Roll Seasoned Broccoli	3 Classic Cheese Pizza Savory Green Beans Freezie Friday's Fruited Sidekicks
6 Popcorn Chicken Sweet & Sour Sauce White Rice Seasoned Carrot Coins	7 Beef Hot Dog on Bun Baked Beans	8 Pancakes with Scrambled Eggs Tater Tots, Syrup	9 Crispy Chicken Sandwich Baked Crinkle Cut Fries	10 Bosco Sticks w/ Dipping Sauce Seasoned Broccoli Birthday Treat – Jonny Pops
<i>Bike Week Drawing May 13th – May 16th. Will Draw the Winner on Friday, May 17th Eat Breakfast or Lunch all week to eligible. 10 Chances to WIN!!!</i>				
13 Chicken Nuggets Seasoned Carrot Coins Dinner Roll	14 Hot Dog Roast Grilled Hot Dogs Baked Beans Watermelon Chips, Cookie Lemonade	15 French Toast Sticks Sausage Patties Tater Tots, Syrup	16 **NEW ITEM** Hot Ham & Cheese on Pretzel Bun Crinkle Cut Fries	17 Classic Pepperoni Pizza Savory Green Beans Freezie Friday's Fruited Sidekicks
20 Popcorn Chicken Seasoned Broccoli Dinner Roll	21 Beef & Cheese Nachos Refried Beans Mild Salsa Seasoned Corn Nacho Tuesday	22 Sloppy Joe on Bun Waffle Fries	23 Chicken Tenders Savory Green Beans Dinner Roll Ranch Dressing	24 Pepperoni Bosco Sticks w/ Dipping Sauce Seasoned Broccoli
27 Memorial Day	28 Chicken Bowl Mashed Potatoes Gravy, Dinner Roll, Cheese, Corn Luck Tray	29 French Toast Sticks Sausage Patties Tater Tots, Syrup	30 Warm Pretzel w/Cheddar Cheese Dip Seasoned Carrots Coins	31 Chicken Drumsticks Fresh Baked Biscuit BBQ Baked Beans
Monday	Tuesday	Wednesday	Thursday	Friday
Chicken & Cheese Quesadilla	Turkey & Cheese Wrap With Lettuce	Cheese Deep Dish Pizza	Strawberry Parfaits With Granola	6 Mini Turkey Corn Dogs
Fresh Fruit & Vegetable Bar Available Daily				
Mixed Green Salad Celery Sticks Cinnamon Applesauce Sweet Peaches	Mixed Green Salad Sliced Cucumbers Pineapple Tidbits Tropical Fruit	Mixed Green Salad Cauliflower Bites Mandarin Oranges Fresh Bananas	Mixed Green Salad Broccoli Bites Diced Pears Honeydew Cubes	Mixed Green Salad Baby Carrots Mixed Fruit Sweet Peaches

This institution is an equal opportunity provider

A full student lunch includes a choice of entrée supplying protein, milk, grain, and vegetable and fruit side dishes. Milk Choices include: 1% White and Chocolate Skim Milk. A cold vegetable and fruit bar is available daily on which we feature the vegetables and fruit listed below, additional fruit and vegetable choices may be available in the bar.

May Food Focus of the Month



This month
we're celebrating
kale

Discovery
KITCHEN

DID YOU KNOW?

- Kale is a cruciferous vegetable, which means it is in the same family as broccoli, Brussels sprouts, and cabbage.
- You can bake kale into kale chips for a healthy alternative to potato chips. Simply remove the leaves from the thick stems, season to your liking and bake!
- New to Kale? A great way to introduce it into your diet is by adding it to soup. It is a staple in Portuguese Kale Soup.
- After a frost, kale actually becomes sweeter! Meaning you can harvest kale long after the summer season.
- Kale comes in a variety of colors: green, white, purple, or bluish green.
- Some varieties of kale grow five to seven feet tall! Some parts of the large plant may not be edible and are used for display instead of eating. That's truly a green giant!
- When we eat kale our amazing superpowers come out! Kale has a powerful punch of nutrients that help reverse inflammation and detoxify the liver - try kale in a salad, as a chip or in a smoothie and see if you feel stronger!

Questions or Comments? Please contact Steve Bellante @ 810.794.8875 or sbellante@acsk12.us

Checks: Please make checks payable to Algonac Food Service or Pay Schools online through Skyward

Menu Subject to Change without Notice

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