



WHAT'S ON THE MENU?

Millside 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 Mixed 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 Bosco Sticks w/ Dipping Sauce Seasoned Broccoli Birthday Treat – Jonny Pops | 8 Pancakes with Scrambled Eggs Tater Tots, Syrup | 9 Crispy Chicken Sandwich Baked Crinkle Cut Fries | 10 Hot Dog Roast Grilled Hot Dogs Baked Beans Watermelon Chips, Cookie Lemonade |
| <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 Walking Doritos Taco's Cinnamon Breadstick Salsa, Cheese, Corn Nacho Tuesday | 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 Chicken & Cheese Quesadilla | Tuesday Turkey & Cheese Wrap With Lettuce | Wednesday Cheese Deep Dish Pizza | Thursday Strawberry Parfaits With Granola | Friday 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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