

Woodcrest Baptist

MENU

May 2010

→→→→→ LUNCH

LUNCH PRICE: \$3.00

SERVED DAILY AT EVERY MEAL (PLANNED PORTION SIZE & APPROXIMATE NUTRIENT CONTENT)

Fresh Green **Salad** (1 per meal) - Leafy Lettuce Blend, Caesar, Spinach Mix, **OR** Oriental (1/2 cup = 15 calories, 3 g carbohydrate, 1 g protein)

Low Fat Dressing/Dip (2 T = 45 cal, 5 g fat)

Fresh **Veggies** (1-2 per meal) - Carrots, Celery, Broccoli, Cauliflower, Cucumber, **OR** Tomatoes (1/4 c = 15 cal, 3 g carb, 1 g pro)

Fresh **Fruit** (1-2 per meal) - Apple, Orange, Banana, Cantalope, Grapes, **OR** Watermelon (1/2 c = 60 cal, 15 g carb)

Variety of **Milk**, including **Skim** (1/2 pint = 90 cal, 12 g carb, 8 g pro, >1 g fat)

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
<i>3rd</i>	<i>4th</i>	<i>5th</i>	<i>6th</i>	<i>7th</i>
Philly Cheesesteak Baked Chips Salad, Veggies, Fruit, Milk		Soft Shell Beef Taco Mexican Rice Salad, Veggies, Fruit, Milk		Hot Turkey Sandwich Mashed Potatoes Salad, Veggies, Fruit, Milk
<i>10th</i>	<i>11th</i>	<i>12th</i>	<i>13th</i>	<i>14th</i>
Italian Chicken Sandwich Pasta Salad Salad, Veggies, Fruit, Milk		Chicken Stir-Fry Asian Rice Salad, Veggies, Fruit, Milk		Multi-cheese Pita Melt Soft Breadstick Salad, Veggies, Fruit, Milk
<i>17th</i>	<i>18th</i>	<i>19th</i>	<i>20th</i>	<i>21st</i>
BBQ Chicken Submarine Roasted Potatoes Salad, Veggies, Fruit, Milk		White Chicken Chili Cornbread Salad, Veggies, Fruit, Milk		Cheesy Breadsticks w/Marinara Sauce Salad, Veggies, Fruit, Milk
<i>24th</i>	<i>25th</i>	<i>26th</i>	<i>27th</i>	<i>28th</i>
BBQ Beef Sandwich Potato Wedges Salad, Veggies, Fruit, Milk		Grilled Cheese Sandwich Deli Coleslaw Salad, Veggies, Fruit, Milk		HAVE A GREAT SUMMER!

QUESTIONS?

CONTACT THE SCHOOL OFFICE @ 763-571-6410 or

DONE RIGHT FOOD @ 651-702-5998 or

www.donerightfood.com

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MENUS SUBJECT TO INFREQUENT CHANGE BASED ON AVAILABILITY OF ITEMS

Note: Menus may use ingredients that contain peanut, other nut/seed, milk, egg, soybean, and other products.