

MAY 2023

Schalmont Middle School & Jefferson Elementary

LUNCH



**Assorted NYS Milk
Fresh Fruit & Fruit Cups
Served Daily**



May is National Egg Month.

Available Daily-Tuna, Turkey, Ham w/ or without cheese & Cheese Sandwiches on Whole Grain Bread
Chef or Tossed Salad w/LF Dressing & Whole Grain Dinner Roll & Croutons
Grab n go Bags w/ Uncrustable or Trix Cup w/String Cheese Stick, Cheez its & or Whole Grain Dinner Roll

MONDAY

Chicken Tenders **1**
With Dipping Sauce
Whole Grain Cheez Its
BBQ Beans
Fresh Carrots w/ LF Ranch Dip

TUESDAY

Toasted Ham & Cheese **2**
on Whole Grain Bagel
Green Beans
Fresh Celery w/ LF Ranch Dip

WEDNESDAY

Stuffed Crust Pizza **3**
Tossed Salad w/LF Dressing
Fresh Tomato Wedges w/LF Dip

THURSDAY

American Mixed Sub **4**
Turkey, Ham &
American Cheese
Pickles & Potato Chips
Fresh Lettuce & Sliced Tomatoes

FRIDAY

Cinco De Mayo **5**
2 Soft Tacos with Lettuce,
Salsa, Cheese & Sour Cream
3 Bean Salad
Fresh Mixed Veggies w/LF Ranch

Chicken Nuggets **8**
with Dipping Sauce
Whole Grain Dinner Roll
Steamed Broccoli
Fresh Carrots w/ LF Ranch Dip

Beef & Cheese Nachos **9**
Sour Cream & Salsa Cup
Corn
Fresh Cukes w/ LF Ranch Dip

Homemade **10**
Cheese Pizza
Tossed Salad w/LF Dressing
Fresh Tomato Wedges w/LF Dip

French Toast Sticks **11**
Sausage Patty
Tater Tots
Syrup Cup
Fresh Cukes w/ LF Ranch Dip

Fiesta Rice &
Chicken Bowl **12**
Mex Corn
Black Beans & Salsa, Cheese Cup
Fresh Mixed Veggies w/LF Ranch

Popcorn Chicken **15**
with Dipping Sauce
Cheez Its
Smile Fries
Fresh Carrots w/ LF Ranch Dip

Cheese Quesadilla **16**
with Salsa & Sour Cream
Spanish Rice
Fresh Celery w/ LF Ranch Dip

Personal Pan Pizza **17**
Tossed Salad w/ LF Dressing
Fresh Tomato Wedges w/LF Dip

Sloppy Joes **18**
on Whole Grain Roll
Corn
Fresh Cukes w/ LF Ranch Dip

Pizza Crunchers **19**
w/Dipping Sauce
Green Beans
Fresh Mixed Veggies w/LF Ranch

Chicken Tenders **22**
with Dipping Sauce
Whole Grain Heart Pretzels
Mixed Veggie Blend
Fresh Carrots w/LF Ranch dip

Hot Dog on **23**
Whole Grain Roll
BBQ Beans
Fresh Celery w/ LF Ranch Dip

Homemade **24**
Cheese Pizza
Tossed Salad w/ LF Dressing
Fresh Tomato Wedges w/LF Dip

Mozzarella Sticks **25**
w/Marinara Dipping Sauce
Green Beans
Fresh Cukes w/LF Ranch Dip

Chicken Patty **26**
on Whole Grain Roll
Spiral fries
Fresh Mixed Veggies w/LF Ranch

Memorial Day **29**
No School

Chicken Nuggets **30**
with Dipping Sauce
Whole Grain Dinner Roll
French Fries
Fresh Carrots w/ LF Ranch Dip

Big Daddy's Pizza **31**
Tossed Salad w/ LF Dressing
Fresh Tomato Wedges w/LF Dip

