

MAY 2017

MONROE-WOODBURY ELEMENTARY SCHOOL

BREAKFAST AND LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;">1</p> <p style="text-align: center;">BREAKFAST</p> <p>Assorted Whole Grain Bagels or Hard Roll Chilled and Fresh Fruit Cold Milk Choices</p> <p style="text-align: center;">LUNCH</p> <p>Chicken Tenders Dinner Roll Steamed Corn Tossed Salad Sliced Pears Cold Milk Choices Alt: Hot Dog</p>	<p style="text-align: center;">2</p> <p style="text-align: center;">BREAKFAST</p> <p>Waffles with Fruit Sauce Chilled and Fresh Fruit Cold Milk Choices</p> <p style="text-align: center;">LUNCH</p> <p>Cheese Stuffed Shells Fresh Baked Breadstick Tossed Salad Kale Chips Orange Smiles Cold Milk Choices Alt: All White Meat Chicken Nuggets</p>	<p style="text-align: center;">3</p> <p style="text-align: center;">BREAKFAST</p> <p>Cinnamon Breakfast Bun Chilled and Fresh Fruit Cold Milk Choices</p> <p style="text-align: center;">LUNCH</p> <p>Pancakes Canadian Style Bacon Sweet Potato Wedges 100% Fruit Juice Strawberry Cup Cold Milk Choices Alt: Hot Dog</p>	<p style="text-align: center;">4</p> <p style="text-align: center;">BREAKFAST</p> <p>Scrambled Eggs & Toast Chilled and Fresh Fruit Cold Milk Choices</p> <p style="text-align: center;">LUNCH</p> <p>Cheese Quesadilla Corn Salsa Tossed Salad Vegetarian Beans Tropical Fruit Salad Cold Milk Choices Alt: Hamburger, Cheeseburger or Veggie Burger</p>	<p style="text-align: center;">5</p> <p style="text-align: center;">BREAKFAST</p> <p>Fruit and Yogurt Parfait Graham Crackers Chilled and Fresh Fruit Cold Milk Choices</p> <p style="text-align: center;">LUNCH</p> <p>Fresh Made Pizza Cucumber Salad Tossed Salad Diced Peaches Cold Milk Choices Alt: Hot Dog</p>
<p style="text-align: center;">8</p> <p style="text-align: center;">BREAKFAST</p> <p>Assorted Whole Grain Bagels or Hard Roll Chilled and Fresh Fruit Cold Milk Choices</p> <p style="text-align: center;">LUNCH</p> <p>Golden Chicken Nuggets Rice & Gravy Chick Pea Salad Mandarin Oranges Cold Milk Choices Alt: Hot Dog</p>	<p style="text-align: center;">9</p> <p style="text-align: center;">BREAKFAST</p> <p>Pancakes Side of Ham Chilled and Fresh Fruit Cold Milk Choices</p> <p style="text-align: center;">LUNCH</p> <p>Spaghetti with Plain or Meat Sauce Steamed Spinach Tossed Salad Mixed Fruit Cold Milk Choices Alt: All White Meat Chicken Nuggets</p>	<p style="text-align: center;">10</p> <p style="text-align: center;">BREAKFAST</p> <p>Pull Apart Cinnamon Bun Chilled and Fresh Fruit Cold Milk Choices</p> <p style="text-align: center;">LUNCH</p> <p>Tacos* Gone Loco! Salsa Yellow Corn Lettuce & Tomato Seedless Grapes Cold Milk Choices Alt: Hot Dog</p>	<p style="text-align: center;">11</p> <p style="text-align: center;">BREAKFAST</p> <p>Cheese Omelet Wrap Chilled and Fresh Fruit Cold Milk Choices</p> <p style="text-align: center;">LUNCH</p> <p>Fajita Chicken over Rice Peppers & Onions Tossed Salad Pineapple Chunks Cold Milk Choices Alt: Hamburger, Cheese- burger or Veggie Burger</p>	<p style="text-align: center;">12</p> <p style="text-align: center;">BREAKFAST</p> <p>Fruit and Yogurt Parfait Granola Chilled and Fresh Fruit Cold Milk Choices</p> <p style="text-align: center;">LUNCH</p> <p>Pizzeria Style Pizza Baby Carrots w/ Dip Tossed Salad Cinnamon Applesauce Cold Milk Choices Alt: Hot Dog</p>

AVAILABLE DAILY

Breakfast
Cold Cereal Choices, Chilled Juice or Cold Milk Choices, Fresh Fruit, Assorted Fruited 4 oz. Yogurt, Bagel Alternate

Breakfast consists of 8 oz. fluid milk, fresh or canned fruit, vegetable or juice, grain or alternate, meat or alternate or both.

Lunch: Fresh Fruit & Salad Bar, Baby Carrots
Sandwiches: Cheese, Turkey & Cheese, Peanut Butter & Jelly, Tuna, Hummus, Sun Butter

All meals consist of 8 oz. low-fat or skim milk, one cup salad, vegetable and/or fresh or canned fruits & whole grain bread, whole grain rice and pasta.

ALTERNATES:
Mon, Weds, Fri: Hot Dog
Tues: All White Meat Chicken Nuggets
Thurs: Hamburger, Cheeseburger or Veggie Burger

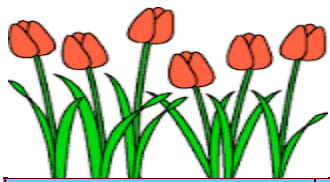
USDA is an equal opportunity provider and employer.
Menus are subject to change.
*May contain pork.

DAILY HIGH SCHOOL STUDENT MEAL PRICES:

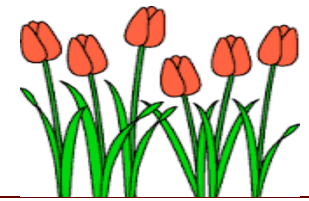
BREAKFAST: \$ 1.75
LUNCH: \$ 2.75



TO PAY BY CREDIT CARD: USE WWW.PAYPAMS.COM

To view your child's account history and set up low cash notifications, please set up a **free** PAYPAMS account at www.paypams.com



MAY 2017 ELEMENTARY SCHOOL BREAKFAST AND LUNCH MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
15 BREAKFAST Assorted Whole Grain Bagels or Hard Roll Chilled and Fresh Fruit Cold Milk Choices LUNCH Popcorn Chicken Pasta Salad Tossed Salad Black Bean Salad Diced Peaches Cold Milk Choices	16 BREAKFAST Waffles with Fruit Cup Chilled and Fresh Fruit Cold Milk Choices LUNCH Cheese Lasagna Dinner Roll Roasted Broccoli Tossed Salad Tropical Fruit Salad Cold Milk Choices Alt: Chicken Nuggets	17 BREAKFAST Whole Grain Muffin Chilled and Fresh Fruit Cold Milk Choices LUNCH French Toast Sticks Canadian Style Bacon Potato Hash Brown 100% Fruit Juice Applesauce Cup Cold Milk Choices Alt: Hot Dog	18 BREAKFAST Ham & Egg on a Roll Chilled and Fresh Fruit Cold Milk Choices LUNCH Mozzarella Sticks Cup of Sauce Fresh Baked Breadstick Tossed Salad Diced Pears Cold Milk Choices Alt: Hamburger, Cheese-burger or Veggie Burger	19 BREAKFAST Fruit and Yogurt Smoothie Graham Crackers Chilled and Fresh Fruit Cold Milk Choices LUNCH Fresh Made Pizza Veggie Sticks with Dip Tossed Salad Sherbet Cup Cold Milk Choices
22 BREAKFAST Assorted Whole Grain Bagels or Hard Roll Chilled and Fresh Fruit Cold Milk Choices LUNCH Chicken Patty on a Bun Potato Smiles Tossed Salad Sliced Carrots Mixed Fruit Cold Milk Choices Alt: Hot Dog	23 BREAKFAST French Toast Sticks Fruit Sauce Chilled and Fresh Fruit Cold Milk Choices LUNCH Cheese Ravioli Garlic Bread Steamed Fresh Squash Tossed Salad Mandarin Oranges Cold Milk Choices Alt: Chicken Nuggets	24 BREAKFAST Mini Pancakes with Syrup Chilled and Fresh Fruit Cold Milk Choices LUNCH All Beef Hamburger or Hot Dog Ultimate Fries Vegetarian Beans Tossed Salad Sliced Melon Cold Milk Choices	25 BREAKFAST Egg & Cheese on an English Muffin Chilled and Fresh Fruit Cold Milk Choices LUNCH Personal Pan Pizza Tossed Salad Baby Carrots with Dip Frozen Juice Bar Cold Milk Choices Alt: Hamburger, Cheese-burger or Veggie Burger	26 
29 	30 BREAKFAST Mini Waffles with Syrup Chilled and Fresh Fruit Cold Milk Choices LUNCH Chicken Tenders Rice & Gravy Mixed Vegetables Tossed Salad Cinnamon Applesauce Cold Milk Choices Alt: Chicken Nuggets	31 BREAKFAST Pull Apart Cinnamon Roll Chilled and Fresh Fruit Cold Milk Choices LUNCH Tacos* Spanish Rice Steamed Corn Salsa Lettuce & Tomatoes Frozen Juice Bar Cold Milk Choices Alt: Hot Dog	<div style="border: 1px solid black; padding: 10px; margin: 0 auto; width: 80%;"> <p><i>Get in touch with us today to learn more about free and reduced price meals in our district!</i></p> <p><i>(845) 460-6110 or</i> <i>foodforthought@mw.k12.ny.us</i></p> </div>	
FOOD SERVICE APPRECIATION DAY!				

Questions about your child's account?
 Please call your child's cafeteria at (845) 460-6200

PT: x6941
 NM: x6841
 CV: x6741
 SC: x6341
 SE: x6541

Don't Forget!
 Take at least **ONE FRUIT** or **VEGGIE** and at least **THREE** items total so your meal counts as a complete meal!

LOOKING FOR WORK WHILE YOUR CHILD IS IN SCHOOL?
 Substitute Food Service Positions are Available!
 Please contact
 Food Services at:
 (845) 460-6110

Please view
www.mw.k12.ny.us .
 to view the
 Food Service Link

Thank you for dining with Monroe-Woodbury Food Services!!