

## Powers Elementary School May/June 2023 Lunch Menu

Menu subject to change without notice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>EVERY DAY WE OFFER AN ALTERNATE (MEATLESS) LUNCH THAT INCLUDES ALL 5 COMPONENTS OF A SCHOOL LUNCH</b>	<b>ALLERGENS:</b> * = gluten ^ = egg % = dairy ! = peanut <i>These are ONLY a guide</i>	Lunch price of \$3.35 includes 5 components: Protein, Grain, Fruit, Vegetable & Milk. Students must choose 3-5 components, one being a fruit or vegetable.	 <b>is May 5th! Celebrate the Lunch Ladies by coloring them a picture!</b>	<b>FIELD DAYS</b> <b>May 30th &amp; May 31st</b> 
<b>1</b> Toasted Cheese Sandwich*% or Hamburger on a WG Bun* Baked Beans Smiley Fries Fruit Choices Milk	<b>2</b> WG Pancakes** w/ sausage or WG Cheesy Breadsticks** w/ marinara Wango Mango Juice, Hashbrown, Fruit Choices Milk %	<b>3</b> WG Chicken Nuggets** or Turkey and Gravy **^ Baby Carrots w/Ranch^% Mashed Potatoes % Fruit Choices Milk %	<b>4</b> Dominos Pizza *% Leafy Green Salad w/chickpeas Fruit Choices Milk%	<b>CINCO DE MAYO</b> Beefy Cheesy Nachos (beef, cheese %, tortilla chips) or Soft Taco*% Refried Beans, Sweet Corn, Fruit Choices Milk% English & Spanish Cookies*%^
<b>8</b> Hot Dog on a WG Bun* or WG Popcorn Chicken * Sweet Potato Fries Baked Beans Fruit Choices Milk %	<b>9</b> WG Chicken Tenders * or WG Uncrustable *! Baby Carrots w/Ranch^% Mashed Potatoes % Fruit Choices Milk%	<b>10</b> <b>"MINI DAY"</b> WG Mini Corn Dogs ** or WG Mini Quesadillas *% Comet Star Fries Dragon Punch Fruit Choices Milk %	<b>11</b> Romeo's Pizza *% Broccoli & Cauliflower w/hummus Fruit Choices Milk %	<b>12</b> WG French Toast Bites** w/sausage or WG Chicken Nuggets** Wango Mango Juice Hash Brown Fruit Choices Milk%
<b>15</b> WG Spiral Pasta Noodles* w/meatsauce or Chicken Patty on a WG Bun* Seasoned Green Beans Edamame Fruit Choices Milk %	<b>16</b> Stuffed Crust Pizza*% or WG Chicken Nuggets** Sweet Corn Dragon Punch Fruit Choices Milk %	<b>17</b> Macaroni & Cheese *% or Sloppy Joes on a WG Bun* Baby Carrots w/Ranch^% Steamed Broccoli Fruit Choices Milk %	<b>18</b> Pizza Hut Pizza *% Leafy Gteen Salad w/chickpeas Dragon Punch Fruit Choices Milk %	<b>19</b> WG Corn Dog* or WG Chicken Tenders* Smiley Fries Baked Beans Fruit Choices Milk % Jello w/whipped topping%
<b>22</b> Meatball Dunkers*% w/roll* or WG Chicken Nuggets** Tater Tots Dragon Punch Fruit Choices Milk %	<b>23</b> Cheeseburger on a WG Bun*% or WG Corn Dog* Sweet Potato Tots Baked Beans Fruit Choices Milk %	<b>24</b> WG Mozzarella Sticks* w/marinara sauce or WG Chicken Tenders* Celery Sticks & Cauliflower w/Ranch^% Fruit Choices Milk %	<b>25</b> Dominos Pizza *% Vegetable Choices Fruit Choices Milk %	<b>26</b> WG Fiestada*% or WG Soft Tacos* w/Lettuce & Cheese% Sweet Corn Refried Beans w/ cheese% Fruit Choices Milk %
	<b>30</b> Chef's Choice (different choices are possible for each lunch line) Vegetable Choices Fruit Choices Milk %	<b>31</b> Chef's Choice (different choices are possible for each lunch line) Vegetable Choices Fruit Choices Milk %	<b>June 1</b> Romeo's Pizza *% Vegetable Choices Fruit Choices Milk %	

This institution is an equal opportunity provider.

Email Deanne Kelbley, RD, LD, SNS with any questions about the National School Breakfast & Lunch Programs:  
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