

# Middletown Unified School District

## Elementary Lunch May 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<u>CHOOSE 1 ENTREE</u>	<u>CHOOSE 1 ENTREE</u>	<u>CHOOSE 1 ENTREE 1</u>	<u>CHOOSE 1 ENTREE 2</u>	<u>CHOOSE 1 ENTREE 3</u>
		Cheeseburger or Chefs choice Fresh Fruit Steamed Veggies	Mac and Cheese or Chefs Choice Fresh Fruit Steamed Veggies	Pizza or Chefs choice Cupped Fruit Fresh Veggies
6	7	8	9	12
Meatball Sub or Chefs Choice Fresh Fruit Fresh Veggies	Spaghetti w/ roll or Chefs Choice Fresh Fruit Steamed Veggies	Chicken Burger or Chefs Choice Cupped Fruit Steamed Veggies	Chicken Nuggets or Chefs Choice Fresh Fruit Fresh Veggies	Pizza or Chefs Choice Fresh Fruit Steamed Veggies
13	14	15	16	17
Bosco Cheese Stick Marinara sauce or Chefs Choice Fresh Fruit Steamed Veggies	BBQ Rib Sandwich or Chefs Choice Fresh Fruit Steamed Veggies	Chili Cheese Tater tots or Chefs Choice Fresh Fruit Fresh Veggies	Mac and Cheese or Chefs Choice Fresh Fruit Steamed Veggie	Pizza or Chefs Choice Cupped Fruit Fresh Veggies
20	21	22	23	24
Meatball Sub or Chefs Choice Fresh Fruit Steamed Veggies	Spaghetti w/ roll or Chefs Choice Fresh Fruit Fresh Veggies	Cheeseburger or Chefs Choice Mixed Fruit Steamed Veggie	Chicken Nuggets or Chefs Choice Fresh Fruit Steamed Veggie	Pizza or Chefs Choice Fresh Fruit Fresh Veggie
27	28	29	30	31
<b>No School</b>	BBQ Rib Sandwich or Chefs Choice Fresh Fruit Steamed Veggies	Chili Cheese Tater tots or Chefs Choice Fresh Fruit Fresh Veggies	Mac and Cheese or Chefs Choice Fresh Fruit Steamed Veggie	Pizza or Chefs Choice Fresh Fruit Fresh Veggie

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**NUTRITION FACTS:** Carbohydrates fall into three categories: sugars, starches and cellulose, or indigestible fiber. Not all sugars and starches are nutritionally equal. Table sugar or sucrose provides what nutritionists call "empty calories." People should eat more starches and cellulose, called complex carbohydrates. Whole-grain bread, potatoes, rice, whole-wheat pasta, dried peas and beans, fruits and vegetables are all excellent sources of complex carbohydrates.

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