





# Parker Junior High 6-8 LunchSmart Menu

## May 2018



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Weekly Salad Special:</b> Southwest Salad with Chips* & Salsa <hr/> <b>Spotlight Fruit of the Week:</b> Grapes		<b>May 1</b> All-Beef Hot Dog on a Bun* Oven-Baked Spiral-Cut French Fries Mixed Fruit	<b>May 2</b> Popcorn Chicken Bowl with Mashed Potatoes & Corn* & Honey Wheat Dinner Roll* Pineapple	<b>May 3</b> Rotini* with Homemade Meat Sauce Broccoli Florets Applesauce	<b>May 4</b> Chicken Crispito* with Handmade Spanish Rice, Garnish Cup & Salsa Black Beans Tropical Fruit Salad 
<b>Weekly Salad Special:</b> Asian Salad with Edamame & Breadstick* <hr/> <b>Spotlight Fruit of the Week:</b> Bananas	<b>May 7</b> BBQ Chicken Sandwich on a Bun Parsley Redskin Potatoes Peaches	<b>May 8</b> Chicken & Pasta* with Homemade Alfredo Sauce & Garlic Bread* Capri Blend Veggies Mixed Fruit	<b>May 9</b> Chipotle Chicken Wrap* Black Beans Broccoli Florets Pineapple	<b>May 10</b> Build-Your-Own Crunchy Beef Tacos* with Garnish Cup & Salsa Baby Carrots Applesauce	<b>May 11</b> Toasted Cheese Sandwich* with Tomato Soup & Cheddar Goldfish Crackers* California Blend Veggies Pears
<b>Weekly Salad Special:</b> Chicken Caesar Salad with Breadstick* <hr/> <b>Spotlight Fruit of the Week:</b> Fresh Pears	<b>May 14</b> Chicken Parmesan Sandwich on a Bun* California Blend Veggies Peaches	<b>May 15</b> Beef Sloppy Joe on a Bun* Baby Carrots Mixed Fruit	<b>May 16</b> Beef Burrito Bowl* with Black Beans, Corn, Garnish Cup & Salsa Pineapple	<b>May 17</b> Boneless Chicken Wings with BBQ Dipping Sauce Scalloped Potatoes Green Beans Applesauce	<b>May 18</b> Handcrafted Mac & Cheese* Green Peas Pears
<b>Weekly Salad Special:</b> Crispy Chicken Salad with Breadstick* <hr/> <b>Spotlight Fruit of the Week:</b> Grapes	<b>May 21</b> Chicken Soft Tacos on Tortillas* with Garnish Cup & Salsa Refried Beans California Blend Veggies Peaches	<b>May 22</b> Western Burger on a Bun* Corn on the Cob Kettle-Baked Beans Blue Raspberry Lemonade Slushie Mixed Fruit 	<b>May 23</b> Greek-Style Chicken & Honey Wheat Dinner Roll* Brown Rice* Green Beans Pineapple	<b>May 24</b> Pepperoni Calzone* with Marinara Dipping Sauce Baby Carrots Pears	<b>May 25</b> Early Dismissal 
<b>Weekly Salad Special:</b> Chef Salad with Breadstick* <hr/> <b>Spotlight Fruit of the Week:</b> Bananas	<b>May 28</b> 	<b>May 29</b> Beef Fajitas with Tortillas*, Flame-Roasted Pepper & Onion & Salsa Baby Carrots Mixed Fruit	<b>May 30</b> Corn dog Corn Kettle-Baked Beans Pineapple	<b>May 31</b> Turkey Ham & Cheese Panini* Oven-Baked Spiral-Cut French Fries Applesauce	

### Staying in the Game

As the weather gets nicer in May, it's the perfect time to get outdoors to celebrate National Physical Fitness and Sports Month. Exercise doesn't have to be boring. Have you tried activities such as cycling, hiking, jogging, and team sports? By participating in activities you enjoy, you can meet the daily movement guidelines of 60 minutes for kids and teens.

### Rainbow Variety Bar and Fresh Fruit Available Each Day / Skim and 1% White Milk Plus Fat-Free Chocolate Milk Provided Every Day / Freshly Prepared Additional Entrées Offered Daily

All-American Cheeseburger\* / Classic Hamburger\* / Spicy Chicken Sandwich\* / Grilled Chicken Breast Sandwich\* / Sunbutter & Jelly Sandwich\* with a Yogurt Cup / Pizza\* (Big Daddy's extra cheesy Monday-Friday) / Buffalo chicken on Mondays, Wednesdays & Fridays / 4-meat on Tuesdays & Thursdays

### Fresh Deli Sandwiches Served Every Day on a Rotating Basis

Turkey & Cheese\* / Roast Beef & Cheddar\* / Turkey Ham & Cheese\* / Sedona Turkey Sub\* / Tuna Salad\*

\*=Item contains whole grains / ^=Item contains pork / L=Locally sourced / S=Sustainable source

Milk served with lunch contains no artificial growth hormones or antibiotics / Menu is subject to change based on availability and quality of food items

This institution is an equal opportunity employer

Celebrate the USA with Ceres on May 22!