



Island Park Union Free School District
LINCOLN ORENS MIDDLE SCHOOL
 Lunch Menu MAY 2019



Monday	Tuesday	Wednesday	Thursday	Friday
		1-May Brunch For Lunch Pancakes Crinkle Cut French Fries Sausage Fresh Fruit/USA Mixed Fruit (S,W,E)	2-May Pizza Tossed Green Salad Fresh Fruit USA Diced Pears (S,W,M)	3-May Chicken Tenders Mashed Potatoes Carrot Coins Fresh Fruit USA Apple Sauce (S,W,M)
		6-May Macaroni & Cheese Green Beans Italian Bread Fresh Fruit USA Diced Peaches (M,W)	7-May Hamburger on a Bun Crinkle Cut French Fries Corn, Pickle Chips Fresh Fruit USA Apple Sauce (S,W)	8-May Turkey Taco WG Tostito Scoops Black Beans Salsa Shredded Cheese Fresh Fruit/USA Mixed Fruit (S,W,M)
13-May Pasta Meat Sauce Green Beans Fresh Fruit USA Diced Peaches (S,W)	14-May Grilled Provolone/American Cheese Sandwich Pickle Chips Fresh Fruit/USA Apple Sauce (S,W,M)	15-May Fajita Chicken Tortilla Wrap Three Bean Salad Shredded Cheese Fresh Fruit USA Mixed Fruit (W,S,M)	16-May Pizza Tossed Green Salad Fresh Fruit USA Diced Pears (S,W,M)	17-May Roasted Chicken Pieces Crinkle Cut French Fries Kernel Corn Fresh Fruit USA Apple Sauce (S,W,M)
20-May Breaded Mozzarella Sticks with Marinara Sauce Green Beans Fresh Fruit, USA Diced Peaches (W,M)	21-May Turkey Taco WG Tostito Scoops Black Beans Salsa Shredded Cheese Fresh Fruit/USA Apple Sauce (S,W,M)	22-May Hamburger with or without Provolone Cheese on a Bun Crinkle Cut French Fries Kernel Corn Fresh Fruit/USA Mixed Fruit (S,W)	23-May Pizza Spinach Salad Fresh Fruit USA Diced Pears (S,W,M)	24-May Chicken Strips Seasoned Rice Carrot Coins Fresh Fruit USA Apple Sauce (- -)
27-May 	28-May Grilled Mozzarella/American Cheese Sandwich Pickle Chips Fresh Fruit/USA Apple Sauce (S,W,M)	29-May Buttered Pasta Sloppy Joe Meat (NO Bun) Green Beans Fresh Fruit USA Mixed Fruit (S)	30-May Pizza Tossed Green Salad Fresh Fruit USA Diced Pears (S,W,M)	31-May Chicken Nuggets Crinkle Cut French Fries Broccoli Florets Fresh Fruit USA Apple Sauce (S,W,M)

FREE AND REDUCED LUNCHES AVAILABLE WITH AN APPROVED APPLICATION

All Meals Served with a Choice of 1% LowFat, Fat Free and Fat Free Flavored Milks

Prices



Lunch of the Day	\$2.75	10 prepaid meals	\$27.50
		20 prepaid meals	\$55.00
Reduced Lunch	\$0.25	10 prepaid meals	\$2.50
		20 prepaid meals	\$5.00



A Complete Meal Includes

Whole Grain Bread/Grain, Meat/Meat Alternative, Choice of Vegetable, Choice of Fruit
 A minimum of three must be chosen, One must be a fruit or vegetable

SANDWICHES WILL BE AVAILABLE MONDAY, TUESDAY, WEDNESDAY AND THURSDAY ONLY

Bologna, Cheese, Egg Salad, Ham, PB & J, Salami, Tuna Salad and Turkey Sandwiches are served on a choice of White, Wheat, or Rye

Salads will be available on Friday

Fresh Garden Salad comes with a choice of a scoop of Tuna or Egg Salad
Chef Salad comes with a choice of Meat and Cheese or a Hard Boiled Egg

Menu key references for specific **Allergens**: M-milk SF-seafood P-peanut E-egg T-treenut S-soybean F-fish W-wheat

Menu subject to change without notice

This institution is an equal opportunity provider and employer