

May 2018

MERIT ACADEMY

LUNCH



\$3.00 for students / \$3.50 for adults.
All lunches come with full vegetable & fruit bar, milk and 100% fruit juice.
This institution is an equal opportunity provider.



Fitness Tip: MyPlate recommends:

- Children need at least 60 minutes of physical activity every day.
- Be active together as a family.
- Physical activity should be fun and offer variety.



Monday

Tuesday

Wednesday

Thursday

Friday

Zuppa Toscana Soup **1**
Ham + Cheese Sliders
PB&J + Cheese Stick
Grab'n'go

Spaghetti with Meat Sauce **2**
Steamed Broccoli
PB&J + Cheese Stick
Grab'n'go

Corn Dogs **3**
Spicy Fries
PB&J + Cheese Stick
Grab'n'go

Fish or Pork Taco **4**
Chips & Salsa
PB&J + Cheese Stick
Grab'n'go
Happy Cinco de Mayo

Domino's Pizza Variety **7**
PB&J + Cheese Stick
Grab'n'go

Café Rio Salad **8**
Lime Cilantro Rice
Mexican Beans
PB&J + Cheese Stick
Grab'n'go

Croissant Sandwich **9**
Cheese Stick
Baked Fries
PB&J + Cheese Stick
Grab'n'go

French Toast Sticks **10**
Hash brown / Ham Patty
String Cheese
PB&J + Cheese Stick
Grab'n'go

Chicken Nuggets **11**
Macaroni & Cheese
PB&J + Cheese Stick
Grab'n'go

Cheese or Pep. Rippers **14**
PB&J + Cheese Stick
Grab'n'go

Beef Enchiladas **15**
Spanish Rice
PB&J + Cheese Salad
Grab'n'go

Orange Chicken & Rice **16**
Mixed Vegetables
PB&J + Cheese Stick
Grab'n'go

Spicy or regular **17**
Chicken Sandwich
Chips Variety
PB&J + Cheese Stick
Grab'n'go

Bangers and Mash **18**
(sausage & potatoes)
Chicken Pot Pie / Roll
PB&J + Cheese Stick
Grab'n'go

Nachos **21**
Salsa / Refried Beans
PB&J + Cheese Stick
Grab'n'go

Chicken Bacon Wraps **22**
Caesar chicken wraps
Chips

BBQ Picnic – outside **23**
Hamburgers
Potato & Pasta Salad
Ice Cream

GRADUATION DAY **24**
Aquarium field trip
Lunch Surprise

25
LAST DAY OF SCHOOL
Surprise lunch

HAVE **28**

A **29**

GREAT **30**

SUMMER! **31**

