

May 2018

McCurdy Charter School

LUNCH



Choice of 1% or skim milk
Offered daily
Menu subject to change!



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

Chicken soft tacos
lettuce/tomato /salsa
green peas
diced peaches
milk

7

Beef soft tacos, cheese
lettuce/tomato salsa
corn
diced pears
milk

8

Charbroiled beef patty
whipped potatoes/ gravy
fresh WG roll
applesauce
milk

9

Toasted turkey and cheese
sandwich
sweet peas
diced peaches
milk

10

Sloppy joe on WG bun
oven fries, ketchup
diced pears
milk

11

Cheeseburger, lettuce/tomato
mustard, mayo, ketchup
tater tots
orange smiles
milk

14

Bean and cheese burrito
red chili, tossed salad 1oz ranch
fruit cocktail
milk

15

Frito pie, lettuce/tomato
cheese, WG roll
applesauce
milk

16

Spaghetti W/ meat sauce
breadstick, green beans
fruit cocktail
milk

17

Pepperoni pizza
corn
pineapple tidbits
milk

18

Beefy macaroni
tossed salad, 1oz ranch
diced pears
milk

21

Grilled ham and cheese
oven fries 1oz ketchup
orange smiles
milk

22

Chicken fajitas W/ veggies
pinto beans, salsa
applesauce
milk

23

Quesadilla
corn salsa
diced peaches
milk

24

Chicken nuggets
oven fries 1oz ketchup 1oz
BBQ diced pears
milk

25

NO SCHOOL
MEMORIAL DAY

28

Chicken Quesadilla
corn/salsa
fruit cocktail
milk

29

Beef soft tacos, cheese
lettuce/tomato salsa
corn
diced pears
milk

30

Frito pie, lettuce/tomato
cheese, WG roll
applesauce
milk

31

