



# May 2019

## Elementary Lunch Empire, Fremont, Mark Twain

**side items**

**side items**

**1**  
Penne w/ Meatsauce  
**Italian Dunkers w/ Marinara**  
All American Sandwich

**side items**

Green Beans Cucumbers  
Garden Salad Fresh Banana  
Diced Peaches

**2**  
Spicy Chicken Sandwich  
**Hotdog on Bun**  
Chicken Chef Salad w/ Roll

**side items**

Campfire Beans Baby Carrots  
Garden Salad Rosy Applesauce  
Fresh Orange

**3**  
**Cheese Pizza**  
BBQ Riblet on Bun  
Sunbutter & Jelly Sandwich

**side items**

Baby Carrots Fresh Cauliflower  
Garden Salad Fresh Apple  
100% Orange Juice

**6**  
**Breaded Drumstick w/ Roll**  
Green Chile Quesadilla  
Ham & Cheese Sandwich

**side items**

Whole Kernel Corn Baby Carrots  
Garden Salad Orange Wedges  
Mixed Fruit

**7**  
Grilled Cheese  
**Chicken Nuggets w/ Roll**  
Turkey & Cheese Wrap

**side items**

Green Beans Cucumbers  
Garden Salad Apple slices  
Diced Pears

**8**  
Tangerine Chicken w/ Rice  
**Hamburger**  
Chicken & Cheese Salad w/ Roll

**side items**

Steamed Broccoli Garden Salad  
Cauliflower Diced Peaches  
Fresh Banana

**9**  
Penne w/ Meatsauce  
**Boneless Wings w/ Roll**  
All American Sub

**side items**

Campfire Beans  
Garden Salad Rosy Applesauce  
Fresh Orange

**10**  
**Pepperoni Pizza**  
Chicken Patty Sandwich  
Turkey & Cheese Sandwich

**side items**

Baby Carrots Cucumbers  
Garden Salad 100% Orange Juice  
Fresh Apple

**13 Birthday Celebration**  
**Mini Confetti Pancakes w/ Omelet**  
BBQ Riblet Sandwich  
Chicken Chef Salad w/ Roll

**side items**

Tater Tots Baby Carrots  
Garden Salad Orange Wedges  
Mixed Fruit

**16**  
**Italian Dunkers w/ Marinara**  
Spicy Popcorn Chicken w/ Roll  
Make Your Own Flatbread  
Pizza

**side items**

Roasted Carrots Cauliflower  
Garden Salad Apple slices  
Diced Pears

**17**  
Green Chile Quesadilla  
**Chicken Tenders w/ Roll**  
Sunbutter & Jelly Sandwich

**side items**

Whole Kernel Corn Cucumbers  
Garden Salad Fresh Banana  
Diced Peaches

**18**  
Crunchy Beef Tacos  
**Bean & Cheese Burrito**  
Turkey Sandwich

**side items**

Kickin Pintos Baby Carrots  
Garden Salad Rosy Applesauce  
Fresh Apple

**19**  
**Cheese Pizza**  
Hamburger  
Ham & Cheese Sub

**side items**

Green Beans Cucumbers  
Garden Salad Fresh Orange  
100% Orange Juice Fresh apple

**20**  
**Breaded Drumstick w/ Roll**  
Green Chile Quesadilla  
Turkey & Cheese Sub

**side items**

Mashed Potatoes Fresh Broccoli  
Garden Salad Mixed Fruit  
Orange Wedges

**21**  
**Italian Dunkers w/ Marinara**  
Hotdog on Bun  
Make Your Own Flatbread  
Pizza

**side items**

Green Beans Baby Carrots  
Garden Salad Apple Slices  
Diced Pears

**22**  
Cheeseburger  
**Chicken Tenders w/ Roll**  
Sunbutter & Jelly Sandwich

**side items**

Whole Kernel Corn Cucumbers  
Garden Salad Fresh Banana  
Diced Peaches

**23**  
Crunchy Beef Tacos  
Spicy Chicken Sandwich  
**Turkey Sandwich**

**side items**

Kickin Pintos Baby Carrots  
Garden Salad Rosy Applesauce  
Fresh Fruit

**24**  
**Cheese Pizza**  
Spicy Popcorn Chicken w/ Roll  
Ham & Cheese Sub

**side items**

Green Beans Cucumbers  
Garden Salad Fresh Orange  
100% Orange Juice Fresh Apple

**27**  
No School

**side items**

**28**  
Crunchy Chicken Tacos  
**Bean & Cheese Burrito**  
Mozzarella Cheddar Salad w/ Roll

**side items**

Green Beans Baby Carrots  
Garden Salad Apple Slices  
Diced Pears

**29**  
**Italian Dunkers w/ Marinara**  
Corn dog  
Make Your Own Pepperoni  
Pizza Bagel

**side items**

Whole Kernel Corn Cauliflower  
Garden Salad Fresh Banana  
Diced Peaches

**30**  
Fish Bites w/ Roll  
**Chicken Nuggets w/ Roll**  
All American Wrap

**side items**

Kickin Pintos Cucumbers  
Garden Salad Rosy Applesauce  
Fresh Orange

**31**  
**Pepperoni Pizza**  
Green Chile Quesadilla  
Sunbutter & Jelly Sandwich

**side items**

Baby Carrots Fresh Broccoli  
Garden Salad 100% Orange  
Juice  
Fresh Apple



**Choose and Entree:** Our featured hot entrée, a hot handheld favorite; and a salad or a sandwich  
**Take up to 3 sides:**  
Each meal includes: fresh varieties of fruit, and a healthful rotation of vegetables

**Menu Subject to change**

### Additional Information

#### Meal Prices

Breakfast—\$1.50 Lunch \$2.85  
NO charge for students at Empire



#### Grain Choice

We use only heart-healthy whole grain breads and rolls



#### Milk Choice

1% low fat & unflavored/ flavored fat-free choices \$.50