



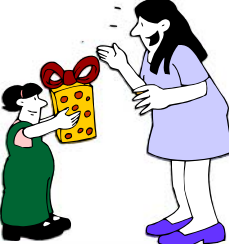



Menu Meets
USDA Dietary
Guidelines

Nelson School May 2012

Choice of Lean Meat and Cheese Sandwiches,
Grab & Go Salads or Yogurt are also available as an entree

Happy Spring!



<p>Mother's Day May 13th</p> 	<p>1 Slice of Cheese Pizza Salad Bar Steamed Broccoli Fruit or 100% Juice Milk Variety</p>  <p>Opened in 1931 Empire State Building</p>	<p>2 Baked Chicken Tenders Veggie of the Day Seasoned Pasta Fruit or 100% Fruit Juice Milk Variety</p>	<p>3 Hot Dog on a Bun Salad Bar Baked Beans Oven Baked Skinny Fries Fruit or 100% Fruit Juice Milk Variety</p>	<p>4 Cinco de Mayo May 5th Beef Soft Tacos Lettuce, Tomato, Cheese Rice, Salsa, Sour Cream Whole Kernel Corn Homemade Cake Fruit or 100% Juice Milk Variety</p> 
<p>7 Homestyle Chicken Filet on a Whole Wheat Bun Garden Peas Fruit or 100% Juice Milk Variety</p>	<p>8 Cheese Pizza Seasoned Pasta Salad Bar Fruit or 100% Fruit Juice Milk Variety</p>	<p>9 Cheese Quesadilla Fluffy Rice Salsa, Sour Cream Whole Kernel Corn Fruit or 100% Fruit Juice Milk Variety</p>	<p>10 Spaghetti with Meatballs or Mozzarella Cheese Salad Bar Fruit or 100% Fruit Juice Milk Variety</p> <p>Birthdays Today U2's Bono & Buddha</p>	<p>11 Egg, Ham & Cheese on an English Muffin Veggie Sticks & Dip Frozen Treat Fruit or 100% Fruit Juice Milk Variety</p>
Teacher Appreciation Week				
<p>14 Crispy Chicken Breast Filet Mashed Potatoes w/ Gravy Salad Bar Whole Wheat Bread Stick Fruit or 100% Fruit Juice Milk Variety</p>	<p>15 Stuffed Crust Pizza Salad Bar Pasta Salad Fruit or 100% Fruit Juice Milk Variety</p>	<p>16 1st Academy Awards Ceremony Held in 1929 Chicken Fajitas Lettuce, Tomato, Cheese Rice, Salsa, Whole Kernel Corn Fruit or 100% Juice Milk Variety</p> 	<p>17 Cheese or Veggie Burger on a Whole Wheat Bun Salad Bar Oven Baked Potatoes Fruit or 100% Fruit Juice Milk Variety</p>	<p>18 Mount Saint Helens Erupted in 1980 Pulled Pork on a Bulkie Cole Slaw Vegetable of the Day Fruit or 100% Juice Milk Variety</p> 
<p>21 American Red Cross Founded in 1881 Pasta w/ Marinara Sauce and Baked Cheese Sticks Steamed Broccoli Fruit or 100% Juice Milk Variety</p> 	<p>22 Cheese Pizza Salad Bar Garden Peas Fruit or 100% Fruit Juice Milk Variety</p>	<p>23 Baked Chicken Tenders Vegetable of the Day Rice Pilaf Fruit or 100% Fruit Juice Milk Variety</p>	<p>24 Brooklyn Bridge Opened in 1883 Taco Salad Lettuce, Tomato, Cheese Salsa, Whole Kernel Corn Oatmeal Cookie Fruit or 100% Juice Milk</p> 	<p>25 Toasted Cheese Sandwich Tomato Soup Salad Bar Fruit or 100% Fruit Juice Milk Variety</p>
<p>28</p>  <p>Memorial Day</p>	<p>29 Stuffed Crust Pizza Vegetable of the Day Pasta Salad Fruit or 100% Fruit Juice Milk Variety</p>	<p>30 French Toast Sticks w/ Syrup Breakfast Sausage or Cottage Cheese Glazed Carrots Fruit or 100% Fruit Juice Milk Variety</p>	<p>31 Grilled Chicken and Cheese on a Whole Wheat Bun Veggie Sticks & Dip Fruit or 100% Juice Milk Variety</p>	<p>National Salad Month</p> 