



MAY | 2017

EPBP LAKER SCHOOLS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Breakfast "Grab-n-Go" Fruit, FF or Low-Fat Milk Lunch Mini Corn Dogs Spinach Skim, FF or Low-Fat Milk	2 Breakfast "Grab-n-Go" Fruit, FF or Low-Fat Milk Lunch Rib B-Q with W/G Bun Winter Blend Skim, FF or Low-Fat Milk	3 Breakfast "Grab-n-Go" Fruit, FF or Low-Fat Milk Lunch Taco Bowl Beets Skim, FF or Low-Fat Milk	4 Breakfast "Grab-n-Go" Fruit, FF or Low-Fat Milk Lunch Chicken Eggroll W/G Rice Peas Skim, FF or Low-Fat Milk	5 Breakfast "Grab-n-Go" Fruit, FF or Low-Fat Milk Lunch Pizza Carrots Skim, FF or Low-Fat Milk
8 Breakfast "Grab-n-Go" Fruit, FF or Low-Fat Milk Secondary Lunch Little Caesar's Pizza Elementary Lunch Grilled Cheese Broccoli Skim, FF or Low-Fat Milk	9 Breakfast "Grab-n-Go" Fruit, FF or Low-Fat Milk Lunch Buffalo Chicken Patty on W/G Bun Green Beans Skim, FF or Low-Fat Milk	10 Breakfast "Grab-n-Go" Fruit, FF or Low-Fat Milk Lunch Walking Taco Corn Skim, FF or Low-Fat Milk	11 Breakfast "Grab-n-Go" Fruit, FF or Low-Fat Milk Lunch Hamburger on W/G Bun Potato Smiles Skim, FF or Low-Fat Milk	12 Breakfast "Grab-n-Go" Fruit, FF or Low-Fat Milk Lunch Pizza Squash Skim, FF or Low-Fat Milk
15 Breakfast "Grab-n-Go" Fruit, FF or Low-Fat Milk Lunch BBQ Pork on W/G Bun Sweet Potatoes Skim, FF or Low-Fat Milk	16 Breakfast "Grab-n-Go" Fruit, FF or Low-Fat Milk Lunch Chicken Gravy, Mashed Potatoes, Corn W/G Roll Skim, FF or Low-Fat Milk	17 Breakfast "Grab-n-Go" Fruit, FF or Low-Fat Milk Lunch Nacho;s Refried Beans Skim, FF or Low-Fat Milk	18 Breakfast "Grab-n-Go" Fruit, FF or Low-Fat Milk Lunch Chicken Nuggets W/G Cracker Spinach Skim, FF or Low-Fat Milk	19 Breakfast "Grab-n-Go" Fruit, FF or Low-Fat Milk Elementary Lunch Little Caesar's Pizza Secondary Lunch Pizza Mixed Vegetables Skim, FF or Low-Fat Milk
22 Breakfast "Grab-n-Go" Fruit, FF or Low-Fat Milk Lunch Calzone Broccoli Skim, FF or Low-Fat Milk	23 Breakfast "Grab-n-Go" Fruit, FF or Low-Fat Milk Lunch Spaghetti W/G Bread Stick California Blend Skim, FF or Low-Fat Milk	24 Breakfast "Grab-n-Go" Fruit, FF or Low-Fat Milk Lunch Breakfast for Lunch Hash Browns Skim, FF or Low-Fat Milk	25 Breakfast "Grab-n-Go" Fruit, FF or Low-Fat Milk Lunch Cheese Quesadilla Squash Skim, FF or Low-Fat Milk	26 Breakfast "Grab-n-Go" Fruit, FF or Low-Fat Milk ½ DAY NO LUNCH
29 NO SCHOOL MEMORIAL DAY	30 Breakfast "Grab-n-Go" Fruit, FF or Low-Fat Milk Lunch Mini Corn Dogs Sweet Potato Tots Skim, FF or Low-Fat Milk	31 Breakfast "Grab-n-Go" Fruit, FF or Low-Fat Milk Lunch Bosco Sticks Green Beans Skim, FF or Low-Fat Milk	Breakfast Prices DK – 5 th \$1.30 6 th – 12 th \$1.40 Adult \$1.90 Extra Milk \$.35 "Grab-n-Go" Includes bowl of WG cereal, fruit juice, graham cracker or pop-tart	Lunch Prices DK – 5 th \$2.20 6 th – 12 th \$2.40 Adult \$3.20 Extra Milk \$.35

LAKER NEWS

Elementary Optional Selections

Monday-Chicken Pattie & WG Bun
 Tuesday-PBJ & Cheese Stick
 Wednesday-Fish Patty & WG Bun
 Thursday-Hot Dog & WG Bun
 Friday-Chicken Tenders
 Everyday Choice- Yogurt & Granola

Secondary Optional Selections

With Assorted Daily Specials

Salad Bar Vegetables/Fruits

Romaine Lettuce, Spinach, Broccoli, Cauliflower,
 Carrots, Red Peppers, Legumes, Cucumbers, Onions,
 Fresh Fruit & Canned Fruit

Milk Choices

Low-Fat, 1% White, Fat Free, Chocolate, Skim

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