

# MAY 2019



## Wethersfield Lunch Menu

Choose three or more of the five with one being a 1/2c fruit or vegetable or combo. 1. Meat/meat alternate 2. Vegetable 3. Fruit. 4. Whole Grains 5. Milk

### MONDAY

#### DID YOU KNOW...

Cinco de Mayo ("The Fifth of May") celebrates the victory of the Mexicans over the French army at The Battle of Puebla in 1862.

6  
Chicken Sticks  
Tri Tater  
Salad Bar w/ variety of Vegetables & Fruits  
\*Pears \* 9-12  
Dinner Roll  
Milk

13  
Mini Turkey Corn Dog  
\*Granola Bar \* 9-12  
Twister Fries  
Salad Bar w/ a variety of Vegetables & Fruits.  
\*Pears \* grades 9-12  
Milk

20  
Hamburger on Bun  
Crinkle Fries  
Salad Bar w/ a variety of Vegetables & Fruits.  
\* Mixed Fruit \* Grades 9-12  
Milk

No School

### TUESDAY

7  
Taco Salad  
Refried Beans  
Salad Bar w/ a variety of Vegetables & Fruits.  
Tortilla Chips  
\*Peaches \* Grades 9-12  
Milk

14  
Macaroni & Cheese  
Fish Sticks  
Salad Bar w/ a variety of Vegetables & Fruits  
\*Applesauce \* grades 9-12  
Milk

21  
Crispito  
Salad Bar w/ a variety of Vegetables & Fruits.  
\*\*GoldFish Crackers \*\*6-12  
\*Pears \* Grades 9-12  
Milk

Food Service Choice

No Salad Bar

### WEDNESDAY

1  
Hamburger on Bun  
Crinkle Fries  
Salad Bar w/ variety of Vegetables & Fruits  
\*Peaches \*grades 9-12  
Milk

8  
Golden Crispy Boneless Wings  
Baked Potato  
Salad Bar w/ variety of Vegetables & Fruits.  
\*Apple Sauce \* 9-12  
Blueberry Muffin  
Milk

15  
Chicken Quesidilla  
Salad Bar w/ a variety of Vegetables & Fruits.  
Sidekicks Fruit Smoothie  
Apple Slice \*grades-9-12  
Milk

22  
Popcorn Chicken  
Sweet & Sour Sauce  
Stir Fry Vegetables  
Salad Bar w/ a variety of Vegetables & Fruits  
\*Pineapple \* grades 9-12  
Whole Grain Rice  
Milk

Food Service Choice

No Salad Bar

### THURSDAY

2  
Cheesy Garlic French Bread w/ dipping sauce  
Salad Bar w/ a variety of Vegetables & Fruits.  
\* Mixed Fruit \* Grades 9-12  
Milk

9  
Pizza Hut Cheese  
Salad Bar w/ a variety of Vegetables & Fruits  
\*Orange Slices\* Grades 9-12  
\* Chex Mix \*9-12  
Milk

16  
Pepperoni Pizza  
Salad Bar w/ a variety of Vegetables & Fruits  
\*Mixed Fruit \*grades 9-12  
Milk

23  
Cheese Pizza  
Green Beans  
Baby Carrots  
Sidekicks Fruit Smoothie  
\*Orange Slices \* 9-12  
\* Chex Mix \*9-12  
Milk  
No Salad Bar

Food Service Choice

No Salad Bar

### FRIDAY

3  
Chicken & Waffle Day  
Chicken Nugget  
Mini Waffles  
Salad Bar w/ a variety of Vegetables & Fruits  
\*Mandarin Oranges \* 9-12  
Milk  
**"National School Lunch Hero Day"**

10  
BBQ Rib on Bun  
Salad Bar w/ variety of Vegetables & Fruits  
SideKicks Fruit Smoothie  
\*Mixed \*grades 9-12  
Milk

17  
Chicken Patty on Bun  
Mashed Potatoes w/ gravy  
Salad Bar w/ a variety of Vegetables & Fruits  
\*Peaches\* Grades 9-12  
Milk

24  
Breakfast For Lunch  
Mini Pancakes  
Tri Tater  
Celery  
Yogurt  
Sausage Links  
Apple Sauce Cups  
\*Orange Juice \*grades-9-12  
Milk No Salad Bar

27  
**Fill Your Sack Lunch Day!**  
Mini Turkey Sub on Bun  
Carroteenies  
Celery Sticks  
Apple or Orange K-8  
\*Apple and Orange \* 9-12  
Variety of Doritos  
WGR Cookie  
Milk No Salad Bar

### Harvest of the Month:

#### Salad Bar

#### Salad Bar

Grades K-12

9-12 can choose up to 6 different items from salad bar plus their additional 1/2c fruit.

\*K-8 can choose up to 5 different items from salad bar.

\*Two height sizes of salad bars.

\*Most items are 1/4c servings

\* Vegetables & Fruits.

\*Salad Bar is included with your hot lunch meal at no extra cost

We offer 1% unfavored milk and fat free (chocolate or strawberry) flavored milk daily included with the hot lunch tray or can be purchased a la carte. **Milk is a local item!**

All grains offered are whole grain rich

All menus are subjected to change.

\* This symbol indicates grades 9-12 other menued items that are required. Item is underlined

Extra Grains or meat alternates are offered to grades 9-12 or 6-8 to meet their requirements on selected days.

\*\* This symbol indicates this will be offered to grades 6-8 to meet grain or meat requirements.

**Grades 9-12 \$2.65**

**Grades 6-8 \$2.55**

**Grades K-5 \$2.40**

**Extra Milk .65**

This institute is an equal opportunity provider.

