

FUEL ANALYSIS: Avg. Calories: **650 Calories**
Calories From Protein: **19%** Carbs: **54%** Fat: **27%** Sat. Fat: **9%**

Breakfast and Lunch Menus

Lunch Prices:

Lunch: \$2.35 or \$63.45 for May/June
Reduced: \$0.40 or \$10.80 for May/June
Adult Meal: \$3.50 or \$94.50 for May/June

Breakfast Prices:

Paid: \$1.30 or \$35.10 for May/June
Reduced: Free
Adults: \$1.50 or \$40.50 for May/June

Extra Items:

Extra Entree	\$1.90	Extra Dessert.....	\$.55
Extra Bread	\$.55	Milk	\$.40
Extra Fruit or Vegetables	FREE	Yogurt	\$.60

STUFF YOU SHOULD KNOW

Menus and Nutrition Info on the Web:

www.moundsviewschools.org/nutritionservices/foodmenus.asp

District Wellness Website:

www.moundsviewschools.org/Wellness.asp

Online Accounts:

www.paypams.com or call 1-888-994-5100

All meals served with your choice of Skim, 1% or Chocolate skim milk.

Lactose reduced milk shall be made available upon written request from parent/guardian.

Cheese Sandwiches available on a daily basis upon request.

1 FRIDAY

ENERGY ENTRÉE

Hot Dog on a Bun
– or –
Pizza Rolls

SMART SIDES

Lettuce Salad with Fat Free Dressing
Lunch Bunch Grapes

4 MONDAY

ENERGY ENTRÉE

Big Daddy's Cheese Pizza* 

SMART SIDES

Green Beans
Pears

DELECTABLE DESSERT

Raisins


5 TUESDAY

Cinco de Mayo

ENERGY ENTRÉE

Chicken Quesadilla
– or –
Hamburger with all the Fixings

SMART SIDES

Radishes 
Lettuce Salad with Fat Free Dressing
Red Apple

DELECTABLE DESSERT

Fruit Churro

6 WEDNESDAY

ENERGY ENTRÉE

Taco in a Dorito Chip Bag with all the Fixings
– or –
Mini Corn Dogs*

SMART SIDES

Golden Corn
Peaches

7 THURSDAY

ENERGY ENTRÉE


Turkey and Gravy Over Whipped Potatoes
– or –
Chicken Nuggets

SMART SIDES

Coleslaw
Cinnamon Apple Slices
Dinner Roll*

8 FRIDAY

ENERGY ENTRÉE


Lasagna RollUp 
– or –
Chicken Fingers

SMART SIDES

Italian Bread
Lettuce Salad with Fat Free Dressing
Applesauce

11 MONDAY

ENERGY ENTRÉE

Hamburger with the Works!*
– or –
Garlic Cheesy Bread* with Spaghetti Sauce 

SMART SIDES

Green Beans
Peaches
Strawberry Milk

12 TUESDAY

Domino's Pizza Day! 

SMART SIDES

Coleslaw
Rosy Applesauce

DELECTABLE DESSERT

Mini Ice Cream Sandwich

13 WEDNESDAY

ENERGY ENTRÉE


Mini Pancakes* with Pork Sausage Links  
– or –
Hard or Soft Shell Tacos with all the Fixings

SMART SIDES

Fresh Strawberries
Lunch Bunch Grapes

14 THURSDAY

ENERGY ENTRÉE

Salad Bar with choice of
Ham & Cheese Sandwich*
– or –
Peanut Butter and Jelly Uncrustable Sandwich*  with Sunflower Seeds

SMART SIDES

Baby Carrots and Celery Sticks with Fat Free Dip
Baked Potato

15 FRIDAY

ENERGY ENTRÉE

Turkey Deli Sub Sandwich*
– or –
Super Beef Nachos

SMART SIDES

Fresh Fruit
Fresh Vegetables with Fat Free Dip

18 MONDAY	19 TUESDAY	20 WEDNESDAY	21 THURSDAY	22 FRIDAY
ENERGY ENTRÉE Oven Fried Chicken with Whipped Potatoes and Gravy – or – The Max Stuffed Crust Cheese Pizza Slice* SMART SIDES Celery and Carrot Sticks with Fat Free Dip Lunch Bunch Grapes	ENERGY ENTRÉE Shrimp Poppers with The Max Cheesy Breadstick – or – Hamburger with all the Fixings* SMART SIDES Golden Corn Watermelon DELECTABLE DESSERT Lime Sherbet	ENERGY ENTRÉE Teriyaki Chicken Dippers – or – Mini Corn Dogs* SMART SIDES Steamed Rice Crunchy Asian Salad Applesauce	ENERGY ENTRÉE Cinnamon French Toast Sticks with Trix Yogurt – or – Chicken Nuggets with a Dinner Roll* SMART SIDES Baby Carrots and Cherry Tomatoes with Fat Free Dip Pears Strawberry Milk	ENERGY ENTRÉE Build your own Mini Pizza – or – Chicken Strips with a Dinner Roll* SMART SIDES Green Beans Peaches

25 MONDAY	26 TUESDAY	27 WEDNESDAY	28 THURSDAY	29 FRIDAY
NO SCHOOL	ENERGY ENTRÉE Italian Hot Pocket – or – Chicken Patty on a Bun* SMART SIDES Corn Red Delicious Apple DELECTABLE DESSERT Whole Fruit Juice Shape Up	ENERGY ENTRÉE Orange Chicken and Rice Bowl with an Eggroll – or – Corndog* SMART SIDES Rice Fresh Pineapple Green Beans	ENERGY ENTRÉE Pasta with Meatballs – or – Chicken Nuggets SMART SIDES Lettuce Salad with Fat Free Dressing Italian Bread Peaches	ENERGY ENTRÉE Ravioli with Italian Bread – or – Pizza Rolls SMART SIDES Lettuce Salad with Fat Free Dressing Banana

JUNE 1 MONDAY	2 TUESDAY	3 WEDNESDAY	4 THURSDAY	5 FRIDAY
ENERGY ENTRÉE Big Daddy's Cheese Pizza* SMART SIDES Green Beans Applesauce DELECTABLE DESSERT Pudding	ENERGY ENTRÉE Combo Sub Sandwich with Potato Chips SMART SIDES Lettuce Salad with Fat Free Dressing Peaches DELECTABLE DESSERT Surprise Dessert	COOK'S CHOICE	COOK'S CHOICE	COOK'S CHOICE

8 MONDAY	9 TUESDAY
COOK'S CHOICE	COOK'S CHOICE

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.



BREAKFAST

Available for YMCA Day Care program only. Choose one Breakfast entrée. All breakfasts served with Fruit or Fruit Juice, and Milk.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cold Cereal with Trix Yogurt – served with – Fruit or Fruit Juice Milk	Blueberry Muffin – or – Cold Cereal with Teddy Grahams – served with – Fruit or Fruit Juice Milk	Cold Cereal with Elf Grahams – served with – Fruit or Fruit Juice Milk	Donut – served with – Fruit or Fruit Juice Milk	Cold Cereal with Trix Yogurt – served with – Fruit or Fruit Juice Milk