

May 2018

SHELTON PUBLIC SCHOOL

LUNCH



School Information: NO MEALS SERVED
MAY 17TH EARLY OUT
ALL MEALS SERVED WITH FRUIT &
VEGETABLE BARS AND LOW FAT MILK



Fitness Tip: MyPlate recommends:

- Children need at least 60 minutes of physical activity every day.
- Be active together as a family.
- Physical activity should be fun and offer variety.



Monday

WE ARE AN EQUAL OPPORTUNITY
PROVIDER

PHILLY STEAK SANDWICH **7**
SWEET POTATO FRIES
BAKED BEANS

CHICKEN FRIED STEAK **14**
MASHED POTATOES
WG DINNER ROLL

SUMMER BREAK **21**

SUMMER BREAK **28**

Tuesday

SUPER NACHOS **1**
REFRIED BEANS
ROMAINE SALAD

CHICKEN & NOODLES **8**
MASHED POTATOES
WG DINNER ROLL

HOT DOG W/WG BUN **15**
FRENCH FRIES
BAKED BEANS

SUMMER BREAK **22**

SUMMER BREAK **29**

Wednesday

CHICKEN NUGGETS **2**
MASHED POTATOES
GREEN BEANS WG DINNER
ROLL

TATER TOT CASSEROLE **9**
WG DINNER ROLL
PUDDING CUP

CHEESE QUESADILLA **16**
WG CHIPS
FRUIT & VEGETABLE BAR

SUMMER BREAK **23**

SUMMER BREAK **30**

Thursday

TEXAS SPAGHETTI **3**
WG DINNER ROLL
ROMAINE SALAD

LASAGNA **10**
FRENCH BREAD
ROMAINE SALAD

NO MEALS SERVED **17**
EARLY OUT

SUMMER BREAK **24**

SUMMER BREAK **31**

Friday

DELI SANDWICH **4**
WG CHIPS PICKLE SPEAR
ICE CREAM SANDWICH

GRILLED CHEESE **11**
POTATO SALAD
TOMATO SOUP

SUMMER BREAK **18**

SUMMER BREAK **25**



May 2018

SHELTON PUBLIC SCHOOL

BREAKFAST



School Information: WE ARE AN EQUAL OPPORTUNITY PROVIDER
NO MEALS SERVED MAY 17TH EARLY OUT



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday



CEREAL CHOICE
PBJ SANDWICH
FRUIT JUICE MILK

1

Wednesday

BREAKFAST PIZZA
FRUIT
JUICE MILK

2

Thursday

CEREAL CHOICE
PBJ SANDWICH
FRUIT JUICE MILK

3

Friday

LOW FAT YOGURT
WG POP TART
FRUIT JUICE MILK

4

BREAKFAST CASSEROLE
WG TOAST
FRUIT JUICE MILK

7

CEREAL CHOICE
PBJ SANDWICH
FRUIT JUICE MILK

8

WG PANCAKES
SAUSAGE PATTY
FRUIT JUICE MILK

9

CEREAL CHOICE
PBJ SANDWICH
FRUIT JUICE MILK

10

LOW FAT YOGURT
WG DONUT
FRUIT JUICE MILK

11

FRENCH TOAST
BACON STRIPS
FRUIT JUICE MILK

14

CEREAL CHOICE
PBJ SANDWICH
FRUIT JUICE MILK

15

SAUSAGE GRAVY ON
WG BISCUITS
FRUIT JUICE MILK

16

NO MEALS SERVED
EARLY OUT
HAVE A GREAT SUMMER!

17

SUMMER BREAK
NO SCHOOL

18

SUMMER BREAK
NO SCHOOL

21

SUMMER BREAK
NO SCHOOL

22

SUMMER BREAK
NO SCHOOL

23

SUMMER BREAK
NO SCHOOL

24

SUMMER BREAK
NO SCHOOL

25

SUMMER BREAK
NO SCHOOL

28

SUMMER BREAK
NO SCHOOL

29

SUMMER BREAK
NO SCHOOL

30

SUMMER BREAK
NO SCHOOL

31

