

Goochland Nutrition Program – May 2019 Elementary Menu

 <p>SCHOOL LUNCH HERO DAY</p> <p><i>May 3rd 2019-Cafeteria Appreciation day!</i></p>	<p>Fresh Fruit & Veggies available daily</p> 	1	2	3	
6	7	8	9	10	
13	14	15	16	17	
20	21	22	23	24	
27	28	29	30	31	

BREAKFAST
Served Every Day

*Bagel w/ Cream Cheese, Assorted
Whole Grain Cereal & Toast.
Includes Juice and Milk.*

DAILY BREAKFAST SPECIALS:
Monday- French Toast or Chicken Biscuit
Tuesday –Pancakes or Sausage Biscuit
Wednesday – Fresh Baked Cinnamon Bun or Sausage Biscuit
Thursday – Sausage Biscuit or Chicken Biscuit
Friday – Scrambled Egg & Bacon Biscuit or **NEW!** Blueberry Maxstix!

Meal Prices
Students:
Breakfast \$1.30 Lunch \$2.85
Adults:
Breakfast \$1.85 Lunch \$4.00

**PRE-PAYMENT FOR MEALS
ENCOURAGED TO SPEED SERVICE
FREE AND REDUCED APPLICATIONS
ALWAYS AVAILABLE 556-5604**

**All of our cafeteria managers are
certified in
ServSafe®**

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- [Make online payments 24/7](#) - reduce the worry of lost lunch money
- Download our **free mobile app** - available for iOS & Android devices
- View cafeteria purchase history - to **see what your student is eating**
- Sign up for **Auto Pay** - so their account *never* runs out of money
- Sign up for **Low Balance email notifications** - so you're in the loop

USDA is an equal opportunity provider and employer.

GOT MILK? – Fat Free & Skim White Milk and Fat Free Flavored Milk is included in every meal.

Goochland Nutrition Program – May/June 2019 Secondary Menu

<p>May 3rd 2019- Cafeteria Appreciation Day!</p> <p><i>Salad available daily</i></p> 	 <p><u>BACK BY POPULAR DEMAND!</u> <u>Fresh Baked Cinnamon Bun</u> <u>Every Wednesday Morning!</u></p>	<p>1</p> <p>*Fajita Bowl Line Buffalo Chicken Sandwich Cheeseburger Salad /bread stick Yogurt/string cheese/granola <i>Choose Two Veg. & Two Fruits</i> Baked Beans Baked French Fries Steamed Kale Fresh Orange or 100% Juice Milk</p>	<p>2</p> <p>Cherry Blossom Chicken/lo mein Corn Dog Minis Fish Tenders/roll Salad /bread stick Yogurt/string cheese/granola <i>Choose Two Veg. & Two Fruits</i> Steamed Cauliflower, Broccoli and Carrots Lightly Buttered Corn Diced Pears or Pineapples Milk</p>	<p>3</p> <p>Brookwood BBQ (slaw available) Maxstix/marinara sauce Chicken Drumstick/onion rings Salad /breadstick Yogurt/string cheese/granola <i>Choose Two Veg. & Two Fruits</i> Baked Fries Steamed Fresh Kale Green Beans Fruit Assortment, 100% Fruit Juice & Milk</p>	<p>BREAKFAST <i>Served Every Day</i> <i>Bagel w/ Cream Cheese, Assorted Whole Grain Cereal & Toast.</i> <i>Includes Juice and Milk.</i></p> <p>DAILY BREAKFAST SPECIALS: Monday- French Toast or Chicken Biscuit Tuesday –Pancakes or Sausage Biscuit <u>BACK BY POPULAR DEMAND!</u> Wednesday - <i>Fresh Baked Cinnamon Bun</i> or Sausage Biscuit Thursday – Sausage Biscuit or Chicken Biscuit Friday – Scrambled Egg & Bacon Biscuit or <u>NEW!</u> Blueberry Maxstix!</p> <p>Meal Prices Students: Breakfast \$1.35 Lunch \$2.95 Adults: Breakfast \$1.85 Lunch \$4.00</p> <p>FREE AND REDUCED APPLICATIONS ALWAYS AVAILABLE 556-5604</p> <p><i>All of our cafeteria managers are certified in ServSafe®</i></p> <p>Pay online today!  www.mypaymentsplus.com</p> <p>June Menu</p> <p>June 3 -Turkey Corn Dog or Chicken Sandwich Baked Fries, Steamed Veggies, Assorted Fruit, and Milk</p> <p>June 4 - Steakburger w/cheese or Manager Choice Entrée Baked Beans, Steamed Kale, Assorted Fruit and Milk</p> <p>June 5 - Chicken Drumstick w/roll, Manager Choice Entrée, Baked Potato Sticks, Steamed Veggies, Assorted Fruit and Milk</p>
<p>6</p> <p>BBQ Rib Sandwich Turkey Corn Dog Chicken Sandwich Salad /breadstick Yogurt/string cheese/granola <i>Choose Two Veg. & Two Fruits</i> Lightly Buttered Corn Baked Fries Grape Tomatoes/ranch dip Fresh Apples, 100% Fruit Juice Milk</p>	<p>7</p> <p>Potato Crunch Fish Sandwich Steakburger w/cheese Spicy Chicken Sandwich Salad /breadstick Yogurt/string cheese/granola <i>Choose Two Veg. & Two Fruits</i> Sweet Potato Tots Baked Beans Steamed Fresh Kale Pineapples, 100% Fruit Juice Milk</p>	<p>8</p> <p>Asian Bowl Line Blueberry Maxstix Chicken Nuggets /roll Salad /breadstick Yogurt/string cheese/granola <i>Choose Two Veg. & Two Fruits</i> Orange Glazed Fresh Carrots Potato Sticks Steamed Broccoli Fresh Orange or 100% Juice Milk</p>	<p>9</p> <p>Lasagna Roll-Up Mini Corn Dogs Chicken Nuggets Garlic Bread Salad /breadstick Yogurt/string cheese/granola <i>Choose Two Veg. & Two Fruits</i> Side Salad Potato Sticks Carrot Sticks/ranch dip Cinnamon Applesauce Milk</p>	<p>10</p> <p>Maxstix/marinara sauce Chicken Drumstick/onion rings Meatball Wrap Salad /breadstick Yogurt/string cheese/granola <i>Choose Two Veg. & Two Fruits</i> Baked Fries Steamed Fresh Kale Green Beans Fruit Assortment, 100% Fruit Juice Milk</p>	
<p>13</p> <p>Steak & Cheese Wrap Crispy Chicken Sandwich Grilled Cheese Sandwich Salad /bread stick Yogurt/string cheese/granola <i>Choose Two Veg. & Two Fruits</i> Baked Potato Sticks Steamed Broccoli Grape Tomatoes w/ranch dip Peaches, Juice Milk</p>	<p>14</p> <p>Chicken Wings/roll Cherry Blossom Chicken/lo mein Fish Tenders/roll Salad /bread stick Yogurt/string cheese/granola <i>Choose Two Veg. & Two Fruits</i> Steamed Cauliflower, Broccoli and Carrots Lightly Buttered Corn Diced Pears or Pineapples Milk</p>	<p>15</p> <p>Burrito Bowl Line Pancakes w/sausage Chicken Drumstick/roll Salad /breadstick Yogurt/string cheese/granola <i>Choose Two Veg. & Two Fruits</i> Steamed Broccoli Steamed Green Beans Sidewinder Fries Fresh Apples, 100% Fruit Juice Milk</p>	<p>16</p> <p>Crispy Chicken Sandwich Mini Corn Dogs Steak & Cheese Fajita Salad /bread stick Yogurt/string cheese/granola <i>Choose Two Veg. & Two Fruits</i> Baby Carrots Baked French Fries Steamed Sweet Corn Assorted Fresh Fruit Milk</p>	<p>17</p> <p>Fish Tenders/roll Popcorn Chicken/roll Meatball & Mozzarella Wrap Salad /bread stick Yogurt/string cheese/granola <i>Choose Two Veg. & Two Fruits</i> Baked Sweet Potato Fries Steamed Cabbage Sliced Cucumbers/ranch dip Pears, 100% Juice Milk</p>	
<p>20</p> <p>Lasagna Roll-Up Mini Corn Dogs Tempura Chicken Nuggets/roll Salad Bar –HS only, Chef or Yogurt/string cheese/granola <i>Choose Two Veg. & Two Fruits</i> Side Salad, Potato Sticks, Grape Tomatoes w/ranch Cinnamon Applesauce, 100% Fruit Juice Milk</p>	<p>21</p> <p>Chicken Sandwich w/lettuce & tomato Taco Wraps Turkey Hot Dog/chili/bun Salad /bread stick Yogurt/string cheese/granola <i>Choose Two Veg. & Two Fruits</i> Steamed Baby Carrots Steamed Green Beans Strawberries and 100% Fruit Juice & Milk</p>	<p>22</p> <p>Sub Line Chicken Drumstick/roll Blueberry Maxstix/marinara sauce Salad /bread stick Yogurt/string cheese/granola <i>Choose Two Veg. & Two Fruits</i> Red Beans w/rice Potato Tots Carrots/ranch dressing Pineapple and 100% Fruit Juice Milk</p>	<p>23</p> <p>Spaghetti w/meatballs Grilled Cheese Sandwich Turkey Corn Dog Salad /bread stick Yogurt/string cheese/granola <i>Choose Two Veg. & Two Fruits</i> Steamed Veggie Mix Sweet Potato fries Fresh Apples and Pears Milk</p>	<p>24</p> <p>Macaroni & Cheese/roll BBQ/slaw on a bun Steakburger w/Cheese Salad /bread stick Yogurt/string cheese/granola <i>Choose Two Veg. & Two Fruits</i> Roasted Potatoes Steamed Collard Greens Applesauce and 100% Fruit Juice & Milk</p>	
<p>27</p> <p>Memorial Day Holiday</p> 	<p>28</p> <p>Tempura Chicken Nuggets/freshly baked roll Pretzel Dog Taco Wrap Salad /breadstick Yogurt/string cheese/granola <i>Choose Two Veg. & Two Fruits</i> Onion Rings Carrots & Grape Tomatoes/ranch dressing Fresh Apples and Pears Milk</p>	<p>29</p> <p>*Fajita Bowl Line Buffalo Chicken Sandwich Cheeseburger Salad /bread stick Yogurt/string cheese/granola <i>Choose Two Veg. & Two Fruits</i> Baked Beans Baked French Fries Steamed Kale Fresh Orange or 100% Juice Milk</p>	<p>30</p> <p>Cherry Blossom Chicken/lo mein Corn Dog Minis Fish Tenders/roll Salad /bread stick Yogurt/string cheese/granola <i>Choose Two Veg. & Two Fruits</i> Steamed Cauliflower, Broccoli and Carrots Lightly Buttered Corn Diced Pears or Pineapples Milk</p>	<p>31</p> <p>Brookwood BBQ (slaw available) Maxstix/marinara sauce Chicken Drumstick/onion rings Salad /breadstick Yogurt/string cheese/granola <i>Choose Two Veg. & Two Fruits</i> Baked Fries Steamed Fresh Kale Green Beans Fruit Assortment, 100% Fruit Juice & Milk</p>	

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