

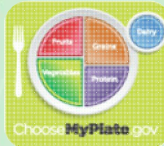
May 2017

JUST A DASH CATERING

LUNCH



Milk, PB & J, Fruit, and Salad Bar offered daily.



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

Chicken Nuggets
WG French Fries
Broccoli

1

Tuesday

Mini Meatball Flat Bread
Celery Sticks

2

Wednesday

Spaghetti
Garden Salad
Garlic Bread

3

Thursday

Slice Pizza
Hummus
Carrot Sticks

4

Friday

BBQ Hot Dog
Pickled Cucumber

5

Chicken Strips
Sweet Pea

8

Chocolate Chip French Toast
Sausage
Hash brown Ovals

9

BBQ Chicken Leg
Potato Salad

10

Slice Pizza
Hummus
Carrot Sticks

11

Grilled Turkey Sandwich
Soup

12

BBQ Hamburger (beef)
Baked Beans

15

Boneless Chicken
Onion Rings
Fresh Fruit

16

Lasagna
Greek Salad
Garlic Bread

17

Slice Pizza
Carrot Sticks

18

Mac and Cheese
Tuscan Blend Vegetables

19

Chicken Rings
Italian Blend

22

Nacho (Beef)
Romaine Lettuce & Salsa
Roasted Corn & Black Beans

23

Garlic Roasted Chicken
Cheese Mash Potato
Berry Side Salad

24

Slice Pizza
Hummus
Celery Sticks

24

Noon Dismissal
No Lunch

26

Happy Memorial Day

29

Sausage Links
Cheesy Potato Hash
Honey Biscuit

30

Sweet Asian Chicken-
WG Rice
Artesian Blend Veggies

31



June 2017

JUST A DASH CATERING

LUNCH



School Information: Salad, PB & J, Fruit Bar offered Daily.



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

Tuesday

Wednesday

Thursday

Friday



Slice Pizza
Hummus
Carrot Sticks

1

Corndogs
WG French Fries
Garden Salad

2

Pop Corn Chicken
Tatar tots

5

END OF THE YEAR BBQ
Hot Dogs
Hamburgers
Carnival Foods

6

7

8

9

12

13

14

15

16

19

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30