

Monday	Tuesday	Wednesday	Thursday	Friday
May 8 French toast sticks Egg Patties Herbed Home Fry Potato Wedges Cinnamon apple sauce Milk choice <u>Elementary Sandwich Lunch</u> Peanut Butter and Fluff or yogurt lunch	May 9 Popcorn Chicken Golden corn Mixed Greens Salad Assorted Fruits or 100% Fruit Juice <u>Elementary Sandwich Lunch</u> Ham and cheese sandwich or yogurt lunch	May 10 Teriyaki Chicken Dippers Seasoned brown rice Honey glazed carrots Pineapple tidbits Milk choice <u>Elementary Sandwich Lunch</u> Egg Salad on a roll or Yogurt Lunch	May 11 Assorted Pizza Garden Salad Steamed broccoli Assorted fruits or 100% fruit juice and milk choice <u>Elementary Sandwich Lunch</u> Turkey & Cheese sandwich or yogurt lunch	May 12 Beef and Bean Chili w/ cheddar cheese Warm corn muffin Assorted veggie sticks Fresh Fruit Milk choice <u>Elementary Sandwich Lunch</u> Tuna Salad on a roll or yogurt lunch
May 15 Cheese pizza Garden salad Steamed green beans Apple slices Milk choice <u>Elementary Sandwich Lunch</u> Peanut butter and fluff sandwich or yogurt lunch	May 16 Crispy chicken patty sandwich (On a wheat roll) w/lettuce and tomatoes Mashed potatoes Blueberries and cream or 100% fruit juice, Milk choice <u>Elementary Sandwich Lunch</u> Ham and cheese sandwich or yogurt lunch	May 17 Beef Soft Tacos Steamed corn Seasoned brown rice Fruit Cup Milk choice <u>Elementary Sandwich Lunch</u> Egg Salad on a roll or yogurt lunch	May 18 Mini Turkey Corn Dog Bites Baked Beans Steamed broccoli, Peach cup or 100% fruit juice, Milk choice <u>Elementary Sandwich Lunch</u> Turkey & Cheese sandwich or yogurt lunch	May 19 Fun Fish Nuggets Baked oven fries Baby carrots w/ ranch dipping sauce Assorted fruits and milk choice <u>Elementary Sandwich Lunch</u> Tuna Salad on a Roll or yogurt lunch
May 22 Maple burst pancakes Cheese Omelet Tater tots Cinnamon applesauce Milk <u>Elementary Sandwich Lunch</u> Peanut butter and fluff sandwich or yogurt lunch	May 23 Chicken fajitas Seasoned brown rice Refried beans Baby carrots 100% fruit juice or assorted fresh fruit and milk choice <u>Elementary Sandwich Lunch</u> Ham and cheese sandwich or yogurt lunch	May 24 Hamburg gravy over mashed potatoes, Warm wheat roll Steamed corn, Fresh fruit choice, Milk choice <u>Elementary Sandwich Lunch</u> Egg Salad on a roll or yogurt lunch	May 25 Macaroni and cheese, sweet peas, wheat roll, carrot sticks, Assorted Fruits or 100% fruit juice, milk choice <u>Elementary Sandwich Lunch</u> Turkey & cheese sandwich or yogurt lunch	May 26 Hamburger or Hot Dogs on a wheat roll, steamed carrots Baked beans, Strawberries and cream and milk choice <u>Elementary Sandwich Lunch</u> Tuna Salad on a roll or yogurt lunch
May 29 Memorial Day Holiday No School	May 30 Mozzarella sticks with pizza dipping sauce, warm breadstick Steamed broccoli Celery sticks Fresh fruit choice or 100% fruit juice, Milk choice <u>Elementary Sandwich Lunch</u> Ham and cheese on a roll or yogurt lunch	May 31 Hamburger or cheeseburger on a bun, oven potatoes, cucumber slices, assorted fruit cup and milk choice <u>Elementary Sandwich Lunch</u> Egg salad on a roll or yogurt lunch	June 1 Pasta with beef sauce Garlic breadstick, green beans, Fresh fruit choice or 100% fruit juice, milk choice <u>Elementary Sandwich Lunch</u> Turkey & cheese sandwich or yogurt lunch	June 2 Beef soft tacos Cheddar cheese & salsa Brown rice Red pepper strips Orange smiles Milk choice <u>Elementary Sandwich Lunch</u> Tuna Salad on a roll or yogurt lunch

Alternate lunch choices include all five-food group components. All juice drinks are 100% juice. This menu is subject to change without notice. Please remember applications for Free and Reduced Lunch is available on the Ashford School Website www.AshfordCt.org; please have your child bring his or her prepayments to cafeteria when entering school in the morning. **NO PREPAYMENTS ACCEPTED AT LUNCH**

Breakfast is available everyday for \$1.35 We have bagels, muffins, cereal, yogurt, eggs, egg and cheese sandwiches, wheat breakfast buns, wheat pancakes, and wheat French toast. Included with breakfast are milk, fruit and juice

The 5 meal components for school lunch include: Meat component, grain, fruit, vegetable, and milk You choose at least 3 including ½ cup of vegetables or fruit and at least 2 other components. For best nutrition, choose all 5!

Yogurt Bag lunches include:

- 4 oz Assorted yogurt
- Cheese stick
- Assorted whole grain choice
- Fruit
- Veggie Sticks

We also offer a gluten-free option everyday! Lactaid milk is available if required with a Doctor's note.