

Alief Montessori Community School

001 - Alief Montessori Community School

Apr 24, 2017

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Breakfast, May , 2017

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|---|
| May - 1 Blueberry Muffin Mixed Fruit Apple Juice Milk, 1% or Fat Free | May - 2 Pancake with Jelly Strawberry Cup Apple Juice Milk, 1% or Fat Free | May - 3 Cheese Sandwich Pineapple Apple Juice Milk, 1% or Fat Free | May - 4 Sausage Muffin Peaches Orange Juice Milk, 1% or Fat Free | May - 5 Bagel with Cream Che Pineapple Grape Juice Milk, 1% or Fat Free |
| May - 8 Pancake with Jelly Strawberry Cup Apple Juice Milk, 1% or Fat Free | May - 9 Blueberry Muffin Mixed Fruit Apple Juice Milk, 1% or Fat Free | May - 10 Bagel with Cream Che Pineapple Grape Juice Milk, 1% or Fat Free | May - 11 Sausage Muffin Peaches Orange Juice Milk, 1% or Fat Free | May - 12 Cheese Sandwich Pineapple Apple Juice Milk, 1% or Fat Free |
| May - 15 Cheese Sandwich Pineapple Apple Juice Milk, 1% or Fat Free | May - 16 Bagel with Cream Che Pineapple Grape Juice Milk, 1% or Fat Free | May - 17 Blueberry Muffin Mixed Fruit Apple Juice Milk, 1% or Fat Free | May - 18 Sausage Muffin Peaches Orange Juice Milk, 1% or Fat Free | May - 19 Pancake with Jelly Strawberry Cup Apple Juice Milk, 1% or Fat Free |
| May - 22 Blueberry Muffin Mixed Fruit Apple Juice Milk, 1% or Fat Free | May - 23 Cheese Sandwich Pineapple Apple Juice Milk, 1% or Fat Free | May - 24 Bagel with Cream Che Pineapple Grape Juice Milk, 1% or Fat Free | May - 25 Sausage Muffin Peaches Orange Juice Milk, 1% or Fat Free | May - 26 Pancake with Jelly Strawberry Cup Apple Juice Milk, 1% or Fat Free |
| May - 29 No School - Memorial | May - 30 Blueberry Muffin Mixed Fruit Apple Juice Milk, 1% or Fat Free | May - 31 Bagel with Cream Che Pineapple Grape Juice Milk, 1% or Fat Free | | |

Memorial Day: May 29

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient.*

** - denotes combined nutrient totals with either missing or incomplete nutrient data.*

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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Lunch, May 2017

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|---|
| May - 1 Chicken Chili Crispito Green Beans Carrots Refried Beans Wheat Bread Mixed Fruit Milk, 1% or Fat Free | May - 2 Chicken/Noodles Corn Cole Slaw Wheat Bread Peaches Milk, 1% or Fat Free | May - 3 Fajita Chicken Strips Spanish Rice Broccoli/Carrots/Cauliff Refried Beans Wheat Bread Pineapple Milk, 1% or Fat Free | May - 4 Chicken Nuggets Macaroni/Cheese Broccoli Carrots Vegetarian Beans Ketchup Mixed Fruit Milk, 1% or Fat Free | May - 5 Cheese Pizza Potato Tator Tot Baby Carrots Celery Sticks Ketchup Ranch Dressing Oranges Milk, 1% or Fat Free |
| May - 8 Chicken & Gravy Brown Rice Broccoli Corn Vegetarian Beans Wheat Bread Peaches Milk, 1% or Fat Free | May - 9 Turkey Taco Meat Tortilla Chips Cheese Sauce, Lettuce/Tomato Salad Baby Carrots Refried Beans Strawberry Cup Milk, 1% or Fat Free | May - 10 Oven Baked Chicken Drumsticks Mashed Potatoes Gravy Green Beans Carrots Corn Wheat Bread Strawberry Cup Milk, 1% or Fat Free | May - 11 Chicken/Noodles Corn Carrots Pinto Beans Wheat Bread Mixed Fruit Milk, 1% or Fat Free | May - 12 Turkey/Chesse Sandwi Potato Wedge Baby Carrots Celery Sticks Ranch Dressing Apple Milk, 1% or Fat Free |
| May - 15 Chicken Chili Crispito Green Beans Carrots Pinto Beans Wheat Bread Pineapple Milk, 1% or Fat Free | May - 16 Chicken Nuggets Macaroni/Cheese Broccoli Carrots Vegetarian Beans Ketchup Mixed Fruit Milk, 1% or Fat Free | May - 17 Fajita Chicken Strips Spanish Rice Broccoli/Carrots/Cauliff Refried Beans Wheat Bread Strawberry Cup Milk, 1% or Fat Free | May - 18 Chicken Quesadilla Broccoli Carrots Refried Beans Corn Peaches Milk, 1% or Fat Free | May - 19 Cheese Pizza Potato Tator Tot Baby Carrots Celery Sticks Ketchup Ranch Dressing Oranges Milk, 1% or Fat Free |
| May - 22 Chicken & Gravy Brown Rice Broccoli Corn Vegetarian Beans Wheat Bread Peaches Milk, 1% or Fat Free | May - 23 Spaghetti/Turkey Mixed Salad Baby Carrots Ranch Dressing Wheat Bread Apple Milk, 1% or Fat Free | May - 24 Fish Sticks Macaroni/Cheese Broccoli/Carrots/Cauliff Cole Slaw Vegetarian Beans Ketchup Pineapple Milk, 1% or Fat Free | May - 25 Chicken Quesadilla Broccoli Carrots Refried Beans Corn Mixed Fruit Milk, 1% or Fat Free | May - 26 Cheese Burger Strawberry Cup Celery Sticks Sweet Potato Fries Milk, 1% or Fat Free |
| May - 29 No School - Memorial | May - 30 Chicken Nuggets Macaroni/Cheese Broccoli Carrots Vegetarian Beans Ketchup Pineapple Milk, 1% or Fat Free | May - 31 Turkey/Chesse Sandwi Potato Wedge Baby Carrots Celery Sticks Ranch Dressing Strawberry Cup Milk, 1% or Fat Free | | |

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After School Snack, May, 2017

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|--|
| May - 1 Cheddar Chex Mix Apple Juice | May - 2 Pretzel, Mini Apple Juice | May - 3 Chex Mix, Strawberry/ Apple Juice | May - 4 Snack Mix Orange Juice | May - 5 Strawberry Cup |
| May - 8 Animal Crackers Orange Juice | May - 9 Boiled Egg Goldfish Crackers Apple Juice | May - 10 Lil Graham Square Apple Juice | May - 11 Strawberry Cup | May - 12 Cheddar Chex Mix Apple Juice |
| May - 15 Chex Mix, Strawberry/ Apple Juice | May - 16 Boiled Egg Goldfish Crackers Apple Juice | May - 17 Strawberry Cup | May - 18 Cheeze-it Crackers Apple Juice | May - 19 Cheddar Chex Mix Apple Juice |
| May - 22 Strawberry Cup | May - 23 Lil Graham Square Apple Juice | May - 24 Cheddar Chex Mix Apple Juice | May - 25 Snack Mix Apple Juice | May - 26 Chex Mix, Strawberry/ Apple Juice |
| May - 29 No School - Memorial | May - 30 Snack Mix Orange Juice | May - 31 Chex Mix, Strawberry/ Apple Juice | | |

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