

MAY | 2023

Bearcat Lunch K-12th Grade




MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

| | | | | |
|---|---|---|--|---|
| <p>1 <u>K-12:</u> Popcorn Chicken Macaroni Cheese-12 Sun Sip Juice-15 Broccoli-4/6 Dip-2 Fruit/Milk <u>5-12:</u> BBQ Pork17/Mac/Cheese-12 Bowl Or Hamburger -1 Sandwich-25</p> | <p><u>K-4:</u> Stuff Crust Cheese Pizza-33 🍷 Corn-28 Carrots 4/6 Dip-2 Fruit/Milk <u>5-12:</u> French Bread Pizza-33 or BBQ Rib-13 Sandwich-25</p> | <p><u>K-4:</u> Mini Confetti Pancakes-36 🍷 Potato Bites-25 Trix Yogurt-15 Celery-2 Fruit Milk <u>5-12:</u> Mini Confetti Pancakes-36 Potato Bites-25 Yogurt/Fruit Cup-30 Trail Mix- Celery-4 Milk</p> | <p>4 <u>K-12:</u> Doritos Taco Salad (meat-5 lettuce-2 cheese-1 chips-20) Salsa-3 Black Beans Topping-23 Sour Cream-1 Fruit/Milk <u>5-12:</u> Or Quesadilla Pizza-39 9-12: Goldfish Grahams</p> | <p>5 <u>Lunch Lady Hero Day!</u> 🦱 Undercover Chicken Tenders Sleuthing Smiley Fries Forensic Fruit Secret Spy Roll Super Hero Ice Cream Mystery Milk 5-12: Operation Onion Rings</p> |
| <p><u>K-4:</u> Warm Soft Pretzels-42 w/Cheese Dip-2 Warm Glazed Carrots-24 Broccoli-4 Dip-2 Fruit/Milk <u>5-12:</u> Or BBQ Rib-13 Sandwich-25</p> | <p>9 <u>K-12:</u> Salisbury Steak w/Gravy-4 Mashed Potatoes-21 Carrots 4/6 Dip-2 Warm Biscuit-24 Fruit/Milk <u>5-12:</u> Or Honey Serracha Chicken-15</p> | <p>10 <u>K-4:</u> Mini Corn Dogs-33 Baked Beans-22 Broccoli-4/6 Dip-2 Giant Goldfish Graham-19 🍷 Fruit/Milk <u>5-12:</u> Chili-24 Cheese-1 Fries-20 Garlic Cheese Stick-17 🍷 Fritos-16</p> | <p>11 <u>K-12:</u> Eggoji Waffles Emoji Fries Sausage Fruit/Milk 5-12: Or Breakfast Pizza</p> | <p>12 <u>K-4:</u> Laps for Learning Bearcat Lunchable (meat-1 cheese-1 bread-13 sauce-6) Carrots-6 Sun Sip Juice-15 Fruit Snacks-21 Milk 5-12: BBQ Pork-17 Sandwich-25 Or Pizza-35 Corn-28 Sun Sip Juice-13 Applesauce-15</p> |
| <p>15 <u>K-12:</u> Super Nachos (beef-5,cheese-1,chips27/37) Salsa-2/3 Sour Cream-1 Cheesy Refried Beans-31 Fruit/Milk <u>5-12:</u> Or Buffalo Dip-6 Chips-27</p> | <p>16 <u>K-12:</u> Cheeseburger-2 Sandwich-23/25 French Fries-20 Broccoli-4/6 Dip-2 Fruit/Milk <u>5-12:</u> Or Pizza-35 🍷</p> | <p>17 <u>K-4:</u> Stuff Crust Cheese Pizza -33 Garden Salad-8 Ranch-2 (lettuce/carrots/tomatoes/broccoli) Fruit/Milk <u>5-12:</u> Pizza-35 or BBQ Pork-17 Sandwich-25 Garden Salad Bowl-8 Ranchx2-4 (lettuce/carrots/tomatoes/broccoli/croutons)</p> | <p>18 <u>K-4:</u> Mini Pancakes-36 🍷 Potato Bites-25 Yogurt-15 Celery-2/4 Peanut Butter-8 Milk <u>5-12:</u> Or Breakfast Pizza-36/48</p> | <p>19 <u>K-4:</u> Popcorn Chicken-20 Cheesy Mashed Potatoes-22 Sun Splash Juice-15 Sweet Roll-31 Fruit/Milk <u>5-12:</u> Popcorn Chicken Bowl (chicken-20, potatoes-21,gravy-3 corn-28) Sun Splash Juice-15 Sweet Roll-31 Fruit/Milk</p> |
| <p>22 <u>K-12:</u> Breaded Chicken Patty-13 Sandwich-23/25 Broccoli w/Cheese-7 Carrots-4/6 Dip-2 Fruit Milk</p> | <p>23 <u>K-4:</u> Personal Pan Pizza-25 Green Beans-6 Fruit/Milk <u>5-12:</u> Buffalo Chicken Pizza-35 or BBQ Rib-13 Sandwich-25 GreenBeans-4 Carrots-6 Dip-2 Fruit/Milk</p> | <p>24 <u>K-4:</u> Hot Dog-2 Sandwich-25 🍷 Baked Beans-22 100% Sun Sip Juice-15 Fruit/Milk <u>5-12:</u> Hot Dog-2 Sandwich-25 w/Topping-5 or BBQ Rib-13 Sandwich-25</p> | <p><u>K-4:</u> Egg & Sausage Uncrustable Cheese Stick-1 Smiley Fries-30/40 Fruit Milk <u>5-12:</u> Egg Cheese & Sausage Waffle Sandwich-19 Smiley Fries-30/40 Fruit Milk</p> | <p>26 <u>K-4:</u> Stuff Crust Cheese Pizza -33 Garden Salad-8 Ranch-2 (lettuce/carrots/tomatoes/broccoli) Fruit/Milk <u>5-12:</u> Pizza-35 or BBQ Pork-17 Sandwich-25 Garden Salad Bowl-8 Ranchx2-4 (lettuce/carrots/tomatoes/broccoli/croutons)</p> |
| <p>29 No School Memorial Day!</p> | <p>30 <u>K-12:</u> Popcorn Chicken-20 French Fries-20 Veggies-2/4 WG Bread Item Fruit/Milk</p> | <p>31 <u>K-12:</u> Hot Dog-2 Sandwich-25 🍷 Baked Beans-22 Veggies-2/4 Jonny Pop-10 Fruit/Milk</p> | <p>1 <u>K-4:</u> Sack Lunch Deli Sub-27 or PB&J Uncrustable-33 Cheese Stick-1 Carrots-6 Juice-12 Fruit Snacks-21 Milk <u>5-12:</u> Pizza-35 Choice of 2 Veggies+2 Fruits</p> | <p>Have a great  Vacation!</p> |

K-4: \$2.70 5-12: \$3.00
Reduced: \$.40 Milk: \$.75

*K-12: PB&J entrée choice offered daily. This will include the daily veggie & fruit.
5-12: Popcorn Chicken Salad w/Ranch offered Daily*

Students must take 3 of the 5 menu'd items to qualify as a lunch. One of those items must serving of a fruit or a vegetable.

Charging Policy:

5-6: After a student has charged three times the student will receive a peanut butter sandwich, applesauce & milk until the charges have been paid in full.

7-12: One charge will be allowed when necessary, with no further charges until the first charge has been paid in full.

Carb Counts: # by food item.

K-4: first # is K-4,
second # is 5-12.
5-12: first is 5th,
second is 6-12.
Milk: Choc-20 Straw-19 Wh-13

Fruit- Fresh

Apple-19 Banana-27 Orange-21
Grapes-25 Pear-22 Melons-9

Fruit-Canned

Peaches-14 Pears-16 Mix Fruit-16
Pineapple-19 Juice-15 Craisins-27
Applesauce-20 Raisins-27 Blueberries-11
Peach Crumble-20 Warm Apples-20

Fruit- Frozen

Frozen Slush Cups/Pouches-25
Frozen Strawberry or Peach Cup-20

Menu Subject To Change

This institution is an equal opportunity provider.

Free & Reduced Application are available on school's web site or by 419-647-4111 ext.3206. You may apply anytime throughout

Serving Up...Bearcat Pride!!