McKenzie

May



Monday	Tuesday	Wednesday	Thursday
1 -Tomato Soup & Grilled cheese -Yum Bowls -Pizza	2 -Nacho Bar -Cheese Quesadilla	3 Donut Day -Baked Potato Bar (Ham, Broccoli & Cheese) -Chicken Nuggets -Bread Sticks	4 -Hot Dogs & Chili -Cheeseburgers -Italian Sub
8 -Fish & Fries -Pizza	9 -Nacho Bar -Tacos	10 -Orange Chicken -Chicken Nuggets -Rice	11 -BBQ Pulled Pork -Cheeseburgers -Sandwich (Chefs Choice)
15 -Beef Stroganoff -Yum Bowls -Pizza	16 -Nacho Bar -Burrito	17 -Spaghetti -Chicken nuggets -Bread Sticks	18 -Corn Dogs -Cheeseburgers -Chicken Caesar Wraps
22 -Chicken Parmesan w/ steamed broccoli -Pizza	23 -Nacho Bar -Cheese Quesadilla	24 -Mac & Cheese -Chicken nuggets	25 -Chicken Sandwich -Cheeseburger -Italian Sub
29 **No School Memorial Day**	30 -Yum Bowl -Pizza	31 -Nacho Bar -Tacos	



Breakfast Served Daily Before School @ 7:45

Mon~ Pancakes

Tues~ Chefs Choice

Wed~ French Toast

Thur ~ Biscuit s & Gravy

Served Daily

Cereal, Fruit, Juice,

NF Chocolate & 1% White Milk

It's easy to reach for chips or biscuits when you and your children feel like nibbling on something, but these snacks tend to be low in nutrients and high in calories.

Instead, try to keep your cupboards stocked with healthier snacks such as fruit, air-popped popcorn, unsalted nuts and unsweetened yogurt.

Vegetarian options available daily

LARGE FRESH SALAD BAR, FRUIT, NF CHOCOLATE, 1% WHITE MILK SERVED DAILY

"This institution is an equal opportunity provider"

~Menu is subject to change~

McKENZIE RIVER COMMUNITY SCHOOL

