

SRCS Menu May 2024

Note: Lunches may be ordered or canceled online up until 7am each day at myschoolaccount.com

*PreK and Kindergarten lunches are delivered to their tables, please choose 1 beverage for your student.

	Monday	Tuesday	Wednesday	Thursday	Friday
May 6th – 10th Make your own salad for grades 2-8	Grilled Cheese Served with Tomato Soup or Chicken Noodle Soup Carrots and Cucumber PreK: Served with tater tots, not soup.	Rotini Pasta with Meat Sauce or Plain Pasta, Broccoli Dinner Roll	Chicken Nuggets Tater Tots Roasted Ranch Carrots Honey mustard or ketchup	Chicken & Cheese Quesadilla, Cheese Quesadilla, BBQ Ranch Chicken Ch Quesadilla Steamed Rice, Corn	Cheese or Pepperoni Pizza Pizza Day (1Slice) Meal or Pizza Day TWO slice meal Raw Veggies
May 13th – 17th	Crispy Chicken Filet Sandwich Tater Tots Ranch Carrots	Chopped Chicken Bowl with White Rice, Corn, Black Beans / Cheese & Salsa ** Chopped Chicken Bowl Salad	French Toast Sticks Tater Tots, Sausage Link, Vanilla Yogurt Fresh Strawberries	Breaded Chicken Stir Fried Rice Asian Vegetables Duck sauce on side	Cheese or Pepperoni Pizza Pizza Day (1Slice) Meal or Pizza Day TWO slice meal Raw Veggies
May 20th – 24th	Chicken Tenders or Fish Sticks, Macaroni and Cheese String Beans "Ex Tender" meal for heartier appetites available	Hamburger, Cheeseburger, Veggie burger Let and tom available French Fries Raw baby carrots	Pasta with Alfredo Sauce with grilled chicken or Veggie Meatballs, Plain Pasta, Peas and Carrots Dinner Roll	Beef Tacos on Flour Tortillas, Steamed Yellow Rice Corn Taco Salad EXTRA Taco Meal, For heartier appetites	Cheese or Pepperoni Pizza Pizza Day (1Slice) Meal or Pizza Day TWO slice meal Raw Veggies
May 27th – 31st	Memorial Day	Chicken Nuggets Mashed Potatoes, Gravy, Peas and Carrots	Spaghetti with Marinara Sauce and Meatballs or Veggie Meatballs, Plain Pasta, Side Salad or Sliced Cucumber, Roll	Chopped Chicken Bowl with White Rice, Corn, Black Beans / Cheese & Salsa ** Chopped Chicken Bowl Salad	Cheese or Pepperoni Pizza Pizza Day (1Slice) Meal or Pizza Day TWO slice meal Raw Veggies
June 3rd – 7th	Hamburger, Cheeseburger, Veggie burger Let and tom available French Fries Raw baby carrots	Pancakes, Tater Tots, Sausage, Yogurt Fresh Strawberries or Option for MS: Chopped Tender Sub w/chips	Cheese or Pepperoni Pizza Pizza Day (1Slice) Meal or Pizza Day TWO slice meal Raw Veggies	Summer Begins!	

GLUTEN FREE OPTIONS:

We are happy to provide gluten free options to students and staff, please note we are not a gluten free kitchen.

Available daily with an additional charge; GF Wrap with turkey and lettuce, GF Wrap with grilled chicken, ranch and lettuce, Gluten Free Buns on burger day / Gluten Free Cheese Pizza on pizza day

Lunch Options:

Make your own Salad / Grades 2-8: With your choice of chopped grilled chicken or turkey.

Sub Sandwiches: Turkey, Turkey and Cheese, Ham, Ham and Cheese, or Cheese. Lettuce, mayonnaise and mustard on side. Peanut butter or Peanut butter and jelly sandwich. Sandwiches served with chips.

Chicken Caesar Wrap or Chicken Ranch Wrap: let, chicken, cheddar cheese and ranch dressing.

Veggie Burger: available every day with chips (side changes on burger day)

Chicken Caesar Salad: A classic.

Yogurt Lunch Box: Yoplait Yogurt and a blueberry muffin, Raw Veggie and fruit

Tuesday - Thursday: Chicken Noodle Soup; a bowl with crackers \$3.00 / **soup is not served as a meal, no sides or drink.**

Fresh whole fruit offered each day. Beverages served include: Low Fat Milk, LF Choc Milk, Water and 100% Apple Juice and Lemonade
A variety of after lunch snacks along with Gatorade, Water and Sunny D are available to purchase each day

On Friday only for elementary school: Ice Cream cups and our famous baked fresh cookies are \$1.00 for grades 2-5
Kindergarten and first grade are offered a smaller version of our baked cookie for \$.50

Cash only for snacks

Email Peg by 8am for absences or with questions or concerns at lunchatsrcs@gmail.com

