

HELEN KELLER SCHOOL MENU: WEEK OF MAY 5-11, 2019

	BREAKFAST	LUNCH	SUPPER
S	Steak Biscuit	Baked Ham	Pulled Pork Sandwich w/ dill slices
U	Scrambled Eggs	Corn on the Cob	Baked Beans
N	WG Assorted Cereal	Baby Limas	Oven Baked Chips
D	Fresh Fruit Bowl	Pineapple	Carrot Sticks
A	100% Fruit Juice	Dinner Roll	Brownies and Ice Cream
Y	Milk, Variety		
M	WG Dutch Waffles	Salad Bar	Baked Chicken
O	Bacon	Spaghetti and Meat Sauce	Garlic Mashed Potatoes
N	WG Assorted Cereal	Italian Green Beans	Fried Okra
D	Strawberries	Toss Salad	Cucumber & Tomato Salad
A	100% Fruit Juice	Peach Slices	Dinner Roll
Y	Milk, Variety	Bosco Stick (WG)	Sherbet Cup
T	WG Bagel Bites	Salad Bar	Dipping Night
U	Yogurt	BBQ Pork Nachos (WG)	Steak Fingers- Honey Gold
E	WG Assorted Cereal	Cheese, Sour Cream, and Jalapeño	French Fries w/ Catsup
S	Fresh Grapes	Whole Kernel Corn	Carrot & Celery w/ Ranch Dressing
D	100% Fruit Juice	Lettuce and Tomato	Pretzels w/ Mustard
A	Milk, Variety	Tropical Fruit	Sliced Apple w/Fruit Yogurt Dip
Y			
W	Cheese Toast	Salad Bar	Sloppy Joes on a Bun with Cheese
E	Scrambled Eggs	Chicken Sandwich	Tator Tots
D	Bacon	Sweet Potato Puffs	Garden Salad
N	WG Assorted Cereal	Lettuce, Tomato and Dill Slice	Cheesecake with Strawberries
E	Mandarin Oranges	Cole Slaw	
S	100% Fruit Juice	Fresh Fruit	
D	Milk, Variety		
A			
Y			
T	Oatmeal	Salad Bar	Country Fried Steak with White Gravy
H	Boiled Egg	Poppy Seed Chicken	Hashbrown Patty
U	WG Assorted Cereal	Brown Rice (WG)	English Peas
R	Raisins	Steamed Broccoli	Cherry Tomatoes and Ranch
S	100% Fruit Juice	Apple Sauce	Dinner Roll
D	Milk, Variety	Carrot sticks w/ ranch	Chocolate Pudding
A		Dinner Roll	
Y			
F	WG Cinnamon Roll	Salad Bar	Ravioli with Cheese
R	Scrambled Eggs	Hamburger on a Bun	Garden Salad
I	WG Assorted Cereal	Corn on the Cob	Mandarin Oranges
D	Sliced Peaches	Lettuce, Tomato and Onion	Garlic Bread
A	100% Fruit Juice	Sun Chips (WG)	Toll House Squares
Y	Milk, Variety	Frozen Fruit Cup	
S	Scrambled Eggs		
A	Crispy Bacon		
T	Grits		
U	Biscuits		
R	100% Fruit Juice		
D	Milk, Variety		
A	Fresh Fruit		
Y	**100% Fruit Juice, 1% Milk, Fat Free Chocolate Milk, Fat Free Strawberry Milk offered at all meals**		