

HELEN KELLER SCHOOL MENU: MAY 13-18, 2019

	BREAKFAST	LUNCH	SUPPER
M O N D A Y			Sack Suppers
			Roast Beef Sandwich
			PNB & J Sandwich
			Chips
			Fruit Cups & Cookies
			Milk & Juice
T U E S D A Y	Cheese Toast	Salad Bar	Chicken Sandwich
	Scrambled Eggs	Meatballs w/ Gravy	Tator Tots
	WG Assorted Cereal	Mashed Potatoes	Lettuce & Tomato
	Bacon	Mixed Vegetables	Pear
	Orange Wedges	Dinner Roll	Dessert
	100% Fruit Juice	Tropical Fruit	
	Milk, Variety		
W E D N E S D A Y	Steak Fingers w/ Gravy	Salad Bar	Taco Salad
	Biscuit	Sweet & Sour Chicken	Cheese, Sour Cream & Jalapeno
	Scrambled Eggs	Fried Rice (WG/Brown Rice)	Lettuce & Tomato
	WG Assorted Cereal	Oriental Vegetables	Seasoned Whole Kernel Corn
	Banana	Rosy Applesauce	Dessert
	100% Fruit Juice	Egg Rolls WG	
	Milk, Variety		
T H U R S D A Y	WG French Toast Sticks	Salad Bar	Sliced Ham
	Sausage	Beef Vegetable Soup	Pinto Beans
	WG Assorted Cereal	WG Smart Pizza	Fried Okra
	Strawberries	Romaine Salad	Mac & Cheese
	100% Fruit Juice	Fresh Fruit	Cornbread
	Milk, Variety		Dessert
	Maple Syrup		
F R I D A Y	Grits	Salad Bar	Spaghetti
	Boiled Eggs	Chicken Chunks	Seasoned Green Beans
	Toast	Baked Potatoes	Garlic Bread
	WG Assorted Cereal	Broccoli with Cheese sauce	Garden Salad
	Sliced Peaches	Mixed Green Salad	Coca Cola Cake
	100% Fruit Juice & Milk	Mandarin Oranges	Dessert
S A T U R D A Y	Scrambled Eggs	Corn Dog	Cheeseburgers
	Sausage Link	Potato Smiles	Baked Beans
	WG Assorted Cereal	Vegetable Sticks w/ Ranch	Lettuce, Tomato & Dill Slices
	Hashbrown patty	Fruit cocktail	French Fries
	100% Fruit Juice		Ice Cream Sandwich
	Milk, Variety		

****100% Fruit Juice, 1% Milk, Fat Free Chocolate Milk, Fat Free Strawberry Milk offered at all meals**