

# May

# 2018

## Elementary School District 159

## Colin Powell Lunch Menu

arbor Management Inc.



**Farm Fresh Produce**  
featuring... **Soybeans**  
The protein in Soybeans have all the essential amino acids your body needs, just like animal protein.

**Available Daily:**  
American Sub 30G  
Edamame Salad 26G

**Lunch \$2.60**  
(Milk included with meal)  
**Milk 50¢**  
Offered Daily:  
Fat Free Flavored  
1% White

**Lucky Tray Day**  
May 9th

**Questions**  
Call Mary Kyler  
Food Service Manager  
708-283-9733  
Menu changes may be necessary. Notice will be given when possible.  
**A comprehensive Nutrition & Allergy Guide is available in the Food Service Office.**  
For more information  
or to "Ask the Dietitian",  
check out our website!

	Monday	Tuesday	Wednesday	Thursday	Friday
		1 BBQ Ribette 42G Broccoli Buds Tiny Tomatoes 100% Fruit Juice	2 Hot Dog 30G Baby Carrots w/Ranch Potato Rounds Variety Fresh Fruit	3 Meatloaf 33G Garden Salad w/Tomatoes Greens Assorted Fresh Fruit	4 Chicken Nuggets 14G w/Roll 12G Broccoli Buds Tiny Tomatoes Applesauce
7	Pizza Dipper 32G w/red sauce Sweet Corn Assorted Fresh Fruit	8 Salisbury Steak Sandwich 33G Green Salad w/Tomatoes Greens Assorted Fresh Fruit	9 <b>LUCKY TRAY DAY</b>	10 Pepperoni Pizza 34G Romaine Salad w/Zucchini Diced Beets Assorted Fresh Fruit	11 <b>Half Day</b>
14	Hot Dog 30G Baby Carrots w/Ranch Potato Rounds Variety Fresh Fruit	15 Cheeseburger 29G Potato Rounds Garden Salad w/Tomatoes 100% Fruit Juice	16 Chicken Nuggets 14G w/Roll 12G Broccoli Buds Tiny Tomatoes Applesauce	17 Pizza Dipper 32G Diced Beets Sweet Corn Assorted Fresh Fruit	18 Salisbury Steak Sandwich 33G Green Salad w/Tomatoes Greens Assorted Fresh Fruit
21	Chicken Fajitas 33G w/ Peppers & Onions Greens Assorted Fresh Fruit	22 Nacho Supreme 34G Refried Beans Zesty Salsa Assorted Fresh Fruit	23 Hamburger 28G Potato Rounds Diced Beets Assorted Fresh Fruit	24 BBQ Ribette 42G Broccoli Buds Tiny Tomatoes 100% Fruit Juice	25 Hot Dog 30G Baby Carrots w/Ranch Potato Rounds Variety Fresh Fruit
28	<b>MEMORIAL DAY</b>	29 Pizza Dipper 32G w/red sauce Sweet Corn Assorted Fresh Fruit	30 Chicken Nuggets 14G w/Roll 12G Sweet Corn Baby Carrots w/Ranch Assorted Fresh Fruit	31 Cheeseburger 29G Potato Rounds Garden Salad w/Tomatoes 100% Fruit Juice	

Neither Elementary School District 159, nor Arbor Management, Inc., shall be liable to any person for any physical injury or other adverse consequences which may arise as an alleged result of any inaccuracy in the estimate of carbohydrates. Manufacturer labels are the source of the information on menus. Thank you.

(\*) Contains Pork