



MAY 2015



NCAPA Breakfast & Lunch Menus

CHEF MANNY PANDA'S NUTRITION FACTS



May Promotions

It is the last month of school and we are happy to finish off the year with two nutrition promotions. For our **"Fruit of the Month"** we have chosen the strawberry: good in oatmeal, plain yogurt, or all by themselves! Strawberries are naturally sweet and an excellent source of vitamin C and fiber.

Try-It Tuesday - We are also featuring a **Turkey Burger** into our menu. Similar to the hamburger on our menu, turkey burgers are packed with protein.

Food and Nutrition Services Director:
Althea Albert-Santiago, 314-345-4519;
SFE Director of Dining Services:
Mike Butler, 314-381-4155
**SFE Associate Director of Nutrition
Operations:** Megan Fraley, 314-381-4155



PUTTING CHILD NUTRITION FIRST!

Due to our constant pursuit of excellence SFE will enhance our menus through students' feedback, surveys, parent meetings, recipe development and market trends.



SLPS

NCAPA Breakfast

Fresh Fruit and Vegetable Bar Served Daily!



Monday

Tuesday

Wednesday

Thursday

Friday

Served Every Day ...

Assorted WG Low-Sugar Cereal

WG Toast and Margarine/Jelly



May 2015

4- Apple Frudel **V**
Apple Juice
Diced Pears

5- Egg & Turkey Sausage Taco w/ Salsa
Orange Juice
Applesauce

6- Banana Loaf **V**
Grape Juice
Pineapple Tidbits

7- Pancakes & Turkey Sausage
Apple Juice
Sliced Peaches

1- Turkey Ham, Egg, & Cheese Quesadilla w/Salsa
Fresh Banana, Orange Juice

8- Breakfast Turkey Sausage Pizza
Fresh Banana,
Orange Juice

11- Mini Cinni Roll **V**
Apple Juice
Pineapple Tidbits

12- Egg & Turkey Sausage English Muffin Sandwich
Orange Juice
Applesauce

13- Mini Blueberry Pancakes **V**
Grape Juice
Mandarin Oranges

14- Cinnamon Raisin Bagel w/ cream cheese **V**
Apple Juice
Sliced Peaches

15- Turkey Ham, Egg, & Cheese Quesadilla w/ Salsa
Orange Juice
Fresh Banana

18- No School

19- Whole-grain Cinnamon Roll **V**
Grape Juice
pineapple Tidbits

20- Waffles **V**
Fresh Banana
Orange Juice

21- Pineapple & Vanilla Yogurt Parfait **V**
Apple Juice
Diced Pears

22- Breakfast on a Stick **V**
Orange Juice
Pineapple Tidbits

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Elementary School Menu Prices:

| | | | |
|----------------------|--------|--------------------------|--------|
| Student Second Lunch | \$1.10 | Student Second Breakfast | \$1.10 |
| Adults Lunch | \$2.50 | Adult Breakfast | \$2.25 |
| | | Milk | \$0.40 |

First Meals for both Breakfast and Lunch are Free

Menu is subject to change
SLPS is a pork-free district
All recipes made with whole grains
Vegetarian items **V**

Milk
Reduced Fat Milk Variety
Offered Daily

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SLPS NCAPA Lunch



Fresh Fruit and Vegetable Bar Served Daily!

Monday

Tuesday

Wednesday

Thursday

Friday

Look for our "Fruit of the Month": Strawberries!

Strawberries are a great source of fiber and vitamin C.



1- Rice & Beans **V**
Turkey Hot Dog
Supreme Nachos
5-way mixed veggies

4- Rice & Beans **V**
Turkey Melt Sandwich
Fish Patty Sandwich
Crinkle Cut Carrots

5- Rice & Beans **V**
Peperoni & Jalapeno Pizza
Cheese Pizza **V**
Turkey Burger (NEW ITEM!)
Fresh Steamed Broccoli



6- Rice & Beans **V**
Macaroni & Cheese **V**
Chicken Patty Sandwich
Corn Kernels

7- Rice & Beans **V**
Garlic Chile Chicken w/Rice
Cheese Pizza **V**
Chicken Fajita Pizza
Green Peas

Fresh Strawberries



8- Rice & Beans **V**
Sweet & Sour Chicken w/Rice
Pasta Primavera w/Chicken
Green Beans

11- Rice & Beans **V**
Chicken Quesadilla
Chicken Tenders
Mexicorn

12- Rice & Beans **V**
Cheese Pizza **V**
Turkey & Cheese Sub
Chicken Alfredo Pizza
5 Way Vegetables

13- Rice & Beans **V**
Turkey Corn Dog
Spicy Chicken Sandwich
Corn Kernels

14- Rice & Beans **V**
Pepperoni Pizza
Turkey & Cheese Sandwich
Cheese Pizza **V**
Italian Mixed Veggies

15- Rice & Beans **V**
Garlic & Herb Veggie Rotini **V**
Chicken Quesadilla
Green Beans

18- No School

19- Rice & Beans **V**
Turkey Melt Sandwich
Cheese Pizza **V**
Supreme Pizza
Cooked Crinkle Cut Carrots

20- Rice & Beans **V**
Grilled Cheese Sandwich **V**
Supreme Nachos
5-way Mixed Veggies

21- Rice & Beans **V**
Cheese Pizza **V**
Ham Sub
Hawaiian Pizza
Green Peas

22- Rice & Beans **V**
Chicken Nuggets
Turkey Hot Dog
Sweet Potato Fries

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May 2015

*Grilled cheese
for vegetarian
upon request



This month we will be offering pizza made with sauce from local tomatoes. Local vegetables are fresher, more nutritious, and support farmers in our area!



Milk

Reduced Fat Milk Variety
Offered Daily

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