

Westinghouse Lunch Menu



MAY
2010



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|--|
| 3/1 Cold Italian Hoagie ½ c. Lettuce and Tomatoes 50/50 Fruit Drink Variety of ½ Pint 1 % Milk | 3/2 Cheesy Steak-Umm Hoagie ½ c. Tator Tots 50/50 Fruit Drink Variety of ½ Pint 1 % Milk | 3/3 TWIN Tacos w/ beef and cheese ½ c. Corn 50/50 Fruit Drink Variety of ½ Pint 1 % Milk <u>CINCO DE MAYO</u> | 3/4 Nachos w/ beef and cheese w/ roll ½ c. Green beans 50/50 Fruit Drink Variety of ½ Pint 1 % Milk | 3/5 Grilled Chicken Sandwich ½ c. Fries 50/50 Fruit Drink Variety of ½ Pint 1 % Milk |
| 3/8 Chicken Nuggets w/ Roll ½ c. Corn 50/50 Fruit Drink Variety of ½ Pint 1 % Milk | 3/9 Swedish Meatballs w/ buttered Noodles ½ c. Carrots 50/50 Fruit Drink Variety of ½ Pint 1 % Milk | 3/10 Rigatoni w/ meat sauce w /roll ½ c. Mixed Veggies 50/50 Fruit Drink Variety of ½ Pint 1 % Milk | 3/11 Fish Sandwich w/ cheese 1/2 c. Baked Fries 50/50 Fruit Drink Variety of ½ Pint 1 % Milk | 3/12 Homemade pizza 1/2 c. Corn 50/50 Fruit Drink Variety of ½ Pint 1 % Milk |
| 3/15 Ham BBQ Sandwich 1/2 c. Corn ¼ C. 50/50 Fruit Drink Variety of ½ Pint 1 % Milk | 3/16 HAM and Cheese Hoagie 1/2 c. Lettuce and Tomatoes ¼ C. 50/50 Fruit Drink Variety of ½ Pint 1 % Milk | 3/17 Spiral MAC and Cheese w/ roll 1/2 c. Corn ¼ C. 50/50 Fruit Drink Variety of ½ Pint 1 % Milk | 3/18 Nachos w/ beef and cheese w/ roll 1/2 c. Carrots ¼ C. 50/50 Fruit Drink Variety of ½ Pint 1 % Milk | 3/19 Slice of Pizza 1/2 c. Mixed Veggies ¼ C. 50/50 Fruit Drink Variety of ½ Pint 1 % Milk |
| 3/22 Cheesy Meatball Hoagie 1/2 c. Mixed Veggies ¼ C. 50/50 Fruit Drink Variety of ½ Pint 1 % Milk | 3/23 Chicken Rings w/ roll 1/2 c. Fries ¼ C. 50/50 Fruit Drink Variety of ½ Pint 1 % Milk | 3/24 Cheesy MAC and Beef w/ roll 1/2 c. Green beans ¼ C. 50/50 Fruit Drink Variety of ½ Pint 1 % Milk | 3/25 Sloppy Joe Sandwich 1/2 c. Fries ¼ C. 50/50 Fruit Drink Variety of ½ Pint 1 % Milk | 3/26 Fish Sticks w/ roll 1/2 c. Corn ¼ C. 50/50 Fruit Drink Variety of ½ Pint 1 % Milk |
| 5/31 NO SCHOOL MEMORIAL DAY | | | Menu Subject to Change | |

What Counts as a Reimbursable Lunch?

Three, Four, or Five of the following must be taken...

- 1 Meat or Meat Alternative (2 oz.- Hamburger, Cheese, or Hot Dog, etc.)
- 1 Bread or Bread Alternative (8/ week-Sandwich bun, Pizza Crust, etc.)
- 2 Fruit and/or Vegetable (3/4 C.- 1/4 C. Applesauce, 1/2 C. Oven Fries, etc.)
- 1 Milk (1/2 Pt. Or 8 fl. oz.- 1% Chocolate, Skim, etc.)