

Conval Elementary Schools Lunch Menu

Students: \$2.25

May 2016

Adults: \$5.00

| Monday 5/2 Student's Choice | Tuesday 5/3 Finger Licking | Wednesday 5/4 Home Style | Thursday 5/5 Taco Thursday | Friday 5/6 Fresh Picks Pizza |
|--|---|--|---|---|
| Cheeseburger With Fixings Carrots Fresh Apple | Chicken Nuggets Seasoned Rice Sweet Corn Fresh Fruit | Macaroni & Cheese Dinner Roll Green Leaf Salad Banana | Chicken Taco With Fixings Black Bean & Corn Salad Orange Wedges | Cheese Pizza or Chef's Topping Zucchini Wedges Mixed Fruit |
| Monday 5/9 Tex-Mex Meatless Monday | Tuesday 5/10 Student's Choice | Wednesday 5/11 On Top of Spaghetti | Thursday 5/12 Family Classic | Friday 5/13 Fresh Picks Pizza |
| Cheese Quesadilla Rice and Beans Sweet Peas Fresh Fruit | Turkey & Bacon Melt Potato Wedges Orange Sorbet | Pasta and Meatballs Parmesan Roll Broccoli Pears | Chicken Pot Pie Biscuit Green Beans Apple Crisp | Cheese Pizza or Chef's Topping Baby Carrots Pineapple |
| Monday 5/16 Student's Choice | Tuesday 5/17 Brunch-A- Lunch | Wednesday 5/18 Classic Italian | Thursday 5/19 Home Cooking | Friday 5/20 Fresh Picks Pizza |
| Chicken Burger Burger Fixings Tomato Basil Salad Peaches | French Toast Sticks Baked Ham Roasted Potatoes Cinnamon Applesauce | Chicken Rotini Bake Caesar Salad 3 Bean Salad Pears | Shepherd's Pie Dinner Roll Garden Salad Banana | French Bread Pizza Celery Sticks Strawberries and Cream |
| Monday 5/23 Meatless Monday | Tuesday 5/24 Taco Tuesday | Wednesday 5/25 Student's Choice | Thursday 5/26 Student Favorite | Friday 5/27 Fresh Picks Pizza |
| Grilled Cheese Tomato Soup Tater Tots Fresh Apple | Soft Beef Taco with Fixings Seasoned Rice Refried Beans Cinnamon Apples | American Chop Suey Garlic Bread Caesar Salad Fresh Fruit | Whole Grain Corn Dog Sweet Peas Orange Wedges | Cheese Pizza or Chef's Topping Cucumber Wedges Fresh Fruit |
| Monday 5/30 Memorial Day | Tuesday 5/31 Tex-Mex Tuesday |  | | |
| In remembrance of those who have sacrificed all for our country | Chicken Fajita Fajita Fixings Cilantro Rice Green Beans Fruit Cocktail | | | |

Farm Fresh Focus

This month we are featuring

Tomatoes

On the menu throughout
the month.

Monthly Celebration

Cinco de Mayo

Try a Bite

Brown Rice Salad

Tell us what you think!

Deli

Fresh Made Deli Sandwiches

made on whole wheat
breads and offered with two
nutritious sides and farm
fresh milk.

Monday: Café Kids Plate

Tuesday: Ham & Cheese

Wednesday: Egg Salad

Thursday: Fruit & Yogurt
Parfait

Friday: Turkey & Cheese

Market Fresh

A Specialty Entrée Salad and a Garden Chef Salad

made fresh daily and offered
with whole wheat bread, fruit
and farm fresh milk

Monday: Three Cheese
Salad

Tuesday: Chicken Caesar

Wednesday: Ham & Cheese
Chef

Thursday: BCLT

Friday: Ranch Chicken

Pizza

Friday is Pizza Day!

Whole wheat pizza dough
topped with low fat pizza
cheese, served with two
nutritious sides and milk

Questions or Comments Please

Contact Your

Food Service Director

603-924-3336 ext 2060

Or

conval@cafeservices.com



Fresh Picks Cafe is a division of Café Services™

Café Services is a proud proponent of
the Farm-to-School Initiative. We
Buy Local First.

USDA is an equal opportunity
provider.