

# MAY 2019



## Florence 3 School District LCECC K-6 Elementary (Lunch)

### MONDAY

#### DID YOU KNOW...

Cinco de Mayo ("The Fifth of May") celebrates the victory of the Mexicans over the French army at The Battle of Puebla in 1862.

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

1

BBQ Pork on Bun  
Steamed Broccoli  
w/Cheese Sauce  
Whole Kernel Corn  
Applesauce  
Fresh Tangerine

2

Chicken Fillet Sandwich  
Seasoned Tater Tot  
Warm Cinnamon Apples  
Spinach Salad  
w/Grape Tomatoes  
Fruit Juice

3

Bag Lunch  
\*\*\*\*\*  
Sliced Turkey Sandwich  
Celery Sticks w/Ranch Dip  
Craisins  
Fresh Fruit  
Animal Cookies

6

Baked Corn Dog OR  
Corn Dog Minis  
Seasoned Oven Fries  
Steamed Carrots  
Applesauce  
Assorted Fresh Fruit

7

Smoked Sausage  
Brown Rice  
Stewed Tomatoes  
ColGard Greens  
WW Biscuits  
Fruit Cocktail  
Assorted Fresh Fruit

8

Ham & Cheese on WW Bun  
Lettuce & Tomato  
Cut Green Beans  
Pinto Beans  
Baked Apple  
Assorted Fresh Fruit

9

Fajita Chicken  
w/Sweet & Sour Sauce  
Broccoli Salad  
Sweet Potato Tot  
WG Roll  
Assorted Fresh Fruit  
Sidekick

10

Cheeseburger on WW Bun  
w/Lettuce & Tomato  
Seasoned Oven Fries  
Sliced Peaches  
Fruit Juice

13

Chicken Fillet Sandwich  
Steamed Carrots  
Black Eye Peas  
Sliced Peaches  
Fruit Flavored Raisels

14

Bag Lunch  
\*\*\*\*\*  
Ham & Cheese Sandwich  
Baby Carrots  
Applesauce Cups  
Baked Chips

15

Pizza  
Cut Green Beans  
Potato Smiles  
Pineapple Tidbits  
Fruit Juice

16

Fajita Chicken  
Brown Seasoned Rice  
Turnip Greens  
Steamed Carrots  
WW Breadstick  
Diced Pears  
Assorted Fresh Fruit

17

Hot Dog w/Chili on WW Bun  
Seasoned Tater Tot  
Cole Slaw  
Chilled Mandarin Orange Cup  
Sidekick

20

Chicken Nuggets  
Seasoned Oven Fries  
Cut Green Beans  
WW Breadstick  
Sliced Peaches  
Assorted Fresh Fruit

21

Salisbury Steak  
Brown Rice w/Gravy  
Collard Greens  
Stewed Tomatoes  
Tropical Fruit Mix  
Fruit Juice

22

Pizza  
Whole Kernel Corn  
Tossed Salad  
Pineapple Tidbits  
Assorted Fresh Fruit  
Cherry Cobbler

23

Fajita Chicken Wraps  
Lettuce/Tomato/Cheese  
Refried Beans  
Steamed Carrots  
Diced Pears  
Assorted Fresh Fruit

24

Bag lunch  
\*\*\*\*\*  
Deli Sandwich  
Celery Sticks w/  
Peanut Butter Dip  
Sliced Apples  
Fruit Juice

27

Spaghetti w/Meat Sauce  
w/Garlic Breadstick  
Romaine Side Salad  
Carrot Sticks w/Dip  
Chilled Applesauce  
Fruit Juice

28

Bag Lunch  
\*\*\*\*\*  
Sliced Turkey Sandwich  
Baby Carrots  
Baked Chips  
Fresh Apple Slices  
Fruit Flavored Raisels

29

Bag Lunch  
\*\*\*\*\*  
Cheeseburger on WW Bun  
Celery Sticks w/Ranch Dip  
Tangerines  
Baked Chips  
Fruit Juice

30

Bag Lunch  
\*\*\*\*\*  
Chicken Fillet Sandwich  
Baby Carrots  
Blue Raspberry Lemon  
Slushie  
Assorted Fresh Fruit

31

Bag Lunch  
\*\*\*\*\*  
Ham & Cheese Sandwich  
Nacho Doritos Chips  
Sidekick  
Chilled Peach Cup  
Fruit Juice

#### Alternate Meal

(Offered Daily)  
Chef Salad or Peanut Butter & Jelly  
Sandwich w/Cheese Stick

#### Milk Choices Daily

1% White, Skim White, Fat Free Chocolate,  
Fat Free Vanilla, Fat Free Strawberry

Adult Meal Price for Lunch - \$3.70

Menus are subject to change based on  
product availability.

#### Nutrition News

This institution is an equal  
opportunity provider

