

# Jordak Elementary

## May 2018

### Lunch Menu

Food Service Director: Janis Benton  
 janis.benton@cardinalschoools.org  
 440-632-0261 Option 2 Ext. 2004



#### What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

Choice of Meat or Meat Alternate  
 Choice of Vegetable, Choice of Fruit\*  
 Choice of Grain/Bread,  
 and Choice of Milk

\*Students must choose at least one fruit or vegetable



This Institution is an equal opportunity provider.

#### Fresh Fruits and Vegetables Offered Daily

\*Vegetables may include:

- Broccoli Florets
- Carrots
- Leafy Green Salads
- Legume Salads
- Celery & Cucumber

\*May choose two 1/2 cup servings cup servings

Fresh Produce from Local Farms based on crop availability

\*Fruits may include:

- Crisp Apple
- Sliced Peaches
- Mixed Fruit
- Fresh Orange
- Banana
- Pineapple Tidbits
- Diced Pears
- Applesauce

\*May choose 1/2 cup serving



Whole Grains Available Daily



#### Milk Choices Offered Daily

Fat Free Chocolate, Fat Free Strawberry,  
 Fat Free White and Low Fat White

Lunch Prices:	Ala Carte Items:	
Paid \$2.65	Extra Entrée \$2.25	Chips \$0.75
Reduced \$4.00	Cookie \$0.40	Ice Cream \$1.00
Adult \$3.40	8oz Water \$0.55	Milk \$0.50

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 <b>Pasta with Meat Sauce</b> With a Slice of Bread Yummy Green Beans Chilled Applesauce Choice of Milk <b>Sweet Treat</b>	2 <b>Breakfast For Lunch</b> <b>3 French Toast Sticks</b> With 2 Sausage Links Crisp Potato Rounds Juicy Diced Pears Choice of Milk	3 <b>BBQ Grilled Chicken Sandwich</b> Sweet Potato Fries Chilled Fruit Mix Choice of Milk <b>WELLNESS WEDNESDAY</b> Peach Salsa	4 <b>PIZZA FRIDAY!</b> <b>Homemade Cheese or Pepperoni Pizza!</b> Fresh Green Salad Juicy Peaches Choice of Milk <b>Alternate:</b> Fish Sticks w/ Bread Slice
7 <b>Italian Dunkers</b> With Marinara Sauce Steamed Broccoli Chilled Fruit Mix Choice of Milk	8 <b>Taco Tuesday!</b> <b>2 - 6" Soft Beef Taco</b> With Lettuce and Cheese Fiesta Beans Juicy Diced Peaches Choice of Milk <b>Lucky Tray Day</b>	9 <b>Grilled Cheese Sandwich</b> Tomato Soup Tasty Steamed Carrots Chilled Applesauce Choice of Milk	10 <b>Creamy Macaroni and Cheese</b> With a Slice of Bread Steamed Green Peas Juicy Peaches Choice of Milk YAC Special	11 <b>PIZZA FRIDAY!</b> <b>Homemade Cheese or Pepperoni Pizza!</b> Yummy Yellow Squash Juicy Diced Pears Choice of Milk <b>Alternate:</b> BBQ Ribs on a Bun
14 <b>Meatball Sub on a Bun w/ Sauce and Cheese</b> Yummy Green Beans Chilled Applesauce Choice of Milk <b>Sweet Treat</b>	15 <b>National Chocolate Chip Cookie Day</b> <b>Chicken and Gravy</b> Over Mashed Potatoes With a Whole Wheat Biscuit Tasty Steamed Carrots Chilled Fruit Mix Choice of Milk <b>WG Chocolate Chip Cookie</b>	16 <b>Fun Day Picnic Hamburger on a Bun</b> Baked Beans Baked Potato Chips Watermelon or Fruit Crisp Choice of Milk <b>Alternate:</b> <b>Hot Dog on a Bun</b>	17 <b>Breakfast For Lunch</b> <b>3 French Toast Sticks</b> With 2 Sausage Links Crisp Potato Rounds Chilled Applesauce Choice of Milk	18 <b>PIZZA FRIDAY!</b> <b>Homemade Cheese or Pepperoni Pizza!</b> Fresh Green Salad Juicy Pears Choice of Milk <b>Alternate:</b> Meatball Sub
21 <b>Italian Dunkers</b> With Marinara Sauce Tasty Steamed Carrots Juicy Diced Pears Choice of Milk	22 <b>BBQ Pork Sandwich or Nachos</b> Baked Beans Chilled Applesauce Choice of Milk <b>Sweet Treat</b>	23 <b>Creamy Macaroni and Cheese</b> With a Slice of Bread Yummy Green Beans Chilled Fruit Mix Choice of Milk	24 <b>Crispy Chicken Strips</b> <b>With Strawberry Shortcake</b> Baked French Fries Juicy Diced Peaches Choice of Milk Milk	25 <b>Homemade Cheese or Pepperoni Pizza!</b> Fresh Green Salad Fresh Fruit Choice of Milk <b>Alternate:</b> Leftover Surprise
28 <b>Happy Memorial Day</b>	29 <b>Have a Safe And Happy Summer</b>	30 <b>MENUS SUBJECT TO CHANGE</b>	31 <b>MENUS SUBJECT TO CHANGE</b>	
<b>Monday Second Entrée Option:</b> Chicken Nuggets With a Slice of Bread	<b>Tuesday Second Entrée Option:</b> Ham and Cheese Munchable	<b>Wednesday Second Entrée Option:</b> Breaded Chicken Patty on a Bun-(Except 5-16-18)	<b>Thursday Second Entrée Option:</b> Sloppy Joe Sandwich	<b>Friday Second Entrée Option:</b> Each day located underneath Main Lunch