

ALLEN PARISH SCHOOL BOARD – MAY 2019

Revised 3/07/2019

L U N C H M E N U S

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

ALL MEALS INCLUDE... Choice of Milk Each Day

WEEK 4



1
Beef/Turkey Nachos with Cheese
Whole Grain Tortilla Chips
Mexican Style Beans
Lettuce/Tomato Cup
Pear Halves
Fresh Grapes

2
Chicken Sauce Picante with Steamed Rice
Potato Salad
Seasoned Mustard Greens
Whole-Grain Roll
Pineapple Rings & Cherry
Banana

3
Cheeseburger on a WW Bun or Egg Salad Sandwich
Mayo/Mustard/Catsup
Sandwich Cup, Pickle Slice
Sweet Potato Fries
Fruit Cocktail
Apple Slices

WEEK 1

6
Chicken Nuggets & Catsup
Mac & Cheese
Broccoli Cuts
Steamed Corn
Apricot Slices
Fresh Grapes

7
Pork or Turkey Roast
Steamed Rice & Gravy
Whole Wheat Bread Stick
Sweet Potatoes with Orange Glaze
Seasoned Black Eyed Peas
Pineapple Tidbits or Apple

8
Beef, Bean & Cheese Burrito with Salsa, Spanish Rice
Salad with Lettuce & Tomato & Salad Dressing
Mexican Beans
Sliced Peaches
Strawberry Cup

9
Chicken Spaghetti
Whole Wheat Italian Bread with Dipping Sauce
Steamed Carrots
Celery Sticks with Ranch
Diced Pears
Applesauce

10
Crispy Fish Patty & Catsup
Scalloped Potatoes
Great Northern Beans or Baked Beans
Fruit Cocktail
Banana
Whole Wheat Sugar Cookie

WEEK 2

13
Sloppy Joe or BBQ Rib Burger
Crispy Crinkle Fries & Catsup
Lettuce Sandwich Cup with Cucumber & Tomato
Pineapple Tidbits
Apple Slices

14
BBQ Chicken
Baked Beans
Vegetable Melody
Whole Wheat Roll
Peach Slices
Banana

15
Hot Ham & Cheese Sandwich or Corn Dog
Mayo/Mustard/Catsup
Sweet Potato Fries
Romaine Salad with Italian Dressing & Croutons
Fruit Cocktail
Raisin Cup

16
Meatloaf with Gravy
Mashed Potatoes
Whole Wheat Roll
Great Northern Beans
Sliced Peaches
Strawberry Cup

17
Pepperoni or Cheese Pizza
Broccoli Cuts & Cheese Sauce
Garden Salad, Tomato, Cucumber & Ranch Dressing
Steamed Corn
Apricot Slices
Applesauce

WEEK 3

20
MANAGER'S CHOICE

21
MANAGER'S CHOICE

22
MANAGER'S CHOICE

23
MANAGER'S CHOICE

24
MANAGER'S CHOICE
LAST DAY OF SCHOOL

WEEK 4



29

30

31