

May 2018



Pleasant Ridge Middle School

LUNCH



Fitness Tip: MyPlate recommends:

- Children need at least 60 minutes of physical activity every day.
 - Be active together as a family.
 - This institution is an equal opportunity provider.
- Menus are subject to change



Monday

Tuesday

Wednesday

Thursday

Friday



1
Sweet & Sour Chicken
With Egg Roll
 Corn Dog
 Rice / Chilled Peaches
 Cucumber and Peppers w/Ranch

2
Pulled Pork Sandwich
Grilled Chicken Sandwich
 Baked Beans
 Fries
 Applesauce

3
Chicken Strips / Roll
PBJ: Yogurt -Goldfish
 Mashed Potatoes / Gravy
 Green Beans
 Fresh Fruit

4
Pizza (Variety)
PBJ: Cheese Stick - Goldfish
 Salad Bar / Fresh Oranges
 Birthday Cake Day

7
Crispitos w/ Cheese Sauce
Tenderloin Sandwich
 Lettuce / Tomato
 Corn / Tortilla chips/ Salsa
 Pineapple

8
Mac & Cheese with
Garlic Toast & Little Smokies
 Corn Dog
 Caesar Salad / Carrots
 Chilled Pears / Yogurt

9
Cheese Burger
Breaded Chicken Sandwich
 Lettuce / tomato
 Baked Beans
 Fries
 Tropical Fruit

10
Chicken Strips / Roll
PBJ: Yogurt -Goldfish
 Mashed Potatoes / Gravy
 Peas
 Fresh Fruit

11
French Toast & Sausage
PBJ: Yogurt -Goldfish
 Tri-Tater
 Peppers and Celery
 Juice / Crumb Cake

14
Taco Crunch
Breaded Chicken Sandwich
 Lettuce / Tomato
 Corn / Tortilla Chips & Salsa
 Fruit Cocktail

15
Cowboy Cavatini / Breadsticks
Corn Dog
 Salad Bar
 Chilled Peaches
 Yogurt

16
Grilled Chicken Sandwich
BBQ Riblet Sandwich
 Tater Tots
 Baked Beans
 Tropical Fruit

17
Chicken Strips / Roll
PBJ: Yogurt -Goldfish
 Mashed Potatoes / Gravy
 Green Beans
 Fresh Fruit

18
Picnic Day!
Cheese Burgers
PBJ- Yogurt-Goldfish
 Fresh Carrots / Chips
 Fruit and Cookie
Last Day for 8th Graders!

Cooks Choice **21**



Cooks Choice **22**



Schools out at 11:00am **23**



KEEP CALM AND ENJOY VACATION **24**



Have an awesome Summer! **25**



Going on vacation **28**



enjoy your life **29**



I LOVE SUMMER! **30**



See you soon! **31**

