

May 2021

Renwick High Schools

LUNCH



School Information:

Thank you for your support of our nutrition programs. Have a great summer!



Fitness Tip: MyPlate recommends:

- Children need at least 60 minutes of physical activity every day.
- Be active together as a family.
- Physical activity should be fun and offer variety.

Monday

Hamburger on a bun
Or Calzone
Lettuce, pickles, onions
Oven fries
Canned fruit choice
Milk Choice

3

Tuesday

Chicken drumstick
Or Cheeseburger
Oatmeal roll w/ jelly
Carrot coins
Cinnamon applesauce
Fresh fruit choice
Milk choice

4

Wednesday

Beef fingers
Or Spicy chicken
Potatoes & gravy
Blueberry oat muffin
Green beans
Fresh grapes
Milk choice

5

Thursday

Pork fritter sandwich
Or Quesadilla
Lettuce & tomato
Baked beans
Diced peaches
Milk choice

6

Friday

Chicken tetrazzini
Or Corndog
Garlic bread
California blend
Apricot halves
Fresh fruit choice
Milk choice

7

Deli sub sandwich
Or Pizza
Leaf lettuce & tomato slice
Sweet potato fries
Canned fruit choice
Milk choice

10

Beef burrito
Or Hamburger
Chips & salsa
Mexicali corn
Fresh fruit choice
Milk choice

11

Pizza day
Or Chicken wrap
Caesar Salad
Fresh fruit choice
100% whole frozen fruit cup
Milk Choice

12

Anything that fits on a bun
Or Totchos
Lettuce/tomato
Beans
Strawberries & Bananas
Milk choice

13

Chef's Choice
Or BBQ rib sandwich
Green peas
Grapes
Canned fruit choice
Milk choice

14

Chef's Choice day
Or Calzone
Green beans
Diced peaches
Fresh fruit choice
Milk choice

17

Anything that fits on a bun
Or Corndog
Potato wedges or fries
Fresh vegetable choice
Fruit choice
Milk choice

18

Breakfast for lunch day OR
Anything that fits on a bun
Fresh veggie choice
Banana
100% fruit juice
Milk choice

19

Italian chef's choice
Or Quesadilla
Hot vegetable choice
Fresh fruit choice
Canned fruit choice
Milk choice

20

No Lunch

21

24

25

26

27

28

Have A Wonderful Summer!!

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