



MAY 2019 COMPASS SCHOOL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menus Are Subject to Change	Check Out Our Menus On-Line skschools.nutrislice.com 	1 Beef Nacho Plate Shredded Lettuce, Salsa Shredded Cheddar Cheese Mexicali Spiced Pinto Beans	2 Whole Wheat French Toast Sticks Hard Boiled Egg Oven Baked Potato Hash Brown	3 Whole Grain Cheese Pizza Chilled Cucumber Mandarin Citrus Salad
Alternative Meals: 2. Sunbutter and Jelly on Wheat Bread 3. Tossed Salad with Romaine Lettuce, Tomatoes and Cucumbers with Mozzarella Cheese and Whole Wheat Dinner Roll				
6 Chicken Patty Sandwich on Wheat Roll Kale and Romaine Caesar Salad Rolled Gold Mini Pretzels <i>(Available with All Meals)</i>	7 Pasta with Meat Sauce Roasted Brussel Sprouts Whole Wheat Breadstick	8 Sweet n' Sour Popcorn Chicken Seasoned Brown Rice Seasoned Mixed Veggies	9 Warm Egg and Cheese on Wheat English Muffin Oven Baked Tater Tots	10 2 Cheese Filled Whole Grain Bosco Breadsticks Pizza Dipping Sauce Garbanzo Bean, Kale and Cranberry Salad
Alternative Meals: 2. Strawberry Smoothie with Graham Crackers and String Cheese 3. Tossed Salad with Romaine Lettuce, Tomatoes and Cucumbers with Mozzarella Cheese and Whole Wheat Dinner Roll				
13 Turkey Hot Dog on Wheat Roll BBQ Baked Beans Scooby Do Graham Crackers <i>(Available with All Meals)</i>	14 Chicken Parmesan with Sauce And Mozzarella Cheese Whole Wheat Pasta Seasoned Sweet Corn	15 Macaroni and Cheese Kale and Feta Cheese Salad Whole Wheat Soft Pretzel	16 3 Whole Wheat Pancakes Warm Blueberry Compote Danimal's Strawberry Yogurt Roasted Cinnamon Sweet Potatoes	17 Whole Grain Cheese Pizza Chilled Black Bean Citrus Salad
Alternative Meals: 2. Sliced Turkey and American Cheese on Sub Roll 3. Tossed Salad with Romaine Lettuce, Tomatoes and Cucumbers with Mozzarella Cheese and Whole Wheat Dinner Roll				
20 Oven Baked Chicken Tenders Whole Grain Wild Rice Sweet Peas	21 Cheeseburger on a Wheat Roll Oven Roasted Garbanzo Beans Annie's Organic Bunny Grahams <i>(Available with All Meals)</i>	22 Soft Beef Taco Shredded Lettuce, Salsa Shredded Cheddar Cheese Seasoned Black Beans	23 Whole Wheat French Toast Sticks Strawberry Go-Gurt Stick Oven Baked Potato Hash Brown	24 Whole Grain Cheese Pizza Kale, Mandarin Orange and Jicama Slaw
Alternative Meals: 2. Hummus Fun Lunch: Hummus Cup, Fresh Green Pepper Strips, String Cheese and Tortilla Chips 3. Tossed Salad with Romaine Lettuce, Tomatoes and Cucumbers with Mozzarella Cheese and Whole Wheat Dinner Roll				
27 NO SCHOOL TODAY	28 Meatball Sub Topped with Mozzarella Cheese Seasoned Green Beans Baked Lay's Chips <i>(Available with All Meals)</i>	29 Mom's Mashed Potato Bowl Popcorn Chicken Mashed Potatoes Gravy and Corn	30 Whole Wheat Maple Mini Pancakes String Cheese Stick Roasted Cinnamon Sweet Potatoes	31 2 Cheese Filled Whole Grain Bosco Breadsticks Pizza Dipping Sauce Seasoned Mixed Veggies
Alternative Meals: 2. Fresh Tuna Salad on a Wheat Wrap 3. Tossed Salad with Romaine Lettuce, Tomatoes and Cucumbers with Mozzarella Cheese and Whole Wheat Dinner Roll				
Available With All Meals Fruit Selection 1% White Milk Fat Free Chocolate Milk	Available With All Meals Fruit Selection 1% White Milk Fat Free Chocolate Milk	Available With All Meals Fruit Selection 1% White Milk Fat Free Chocolate Milk	Available With All Meals Fruit Selection 1% White Milk Fat Free Chocolate Milk	Available With All Meals Fruit Selection 1% White Milk Fat Free Chocolate Milk

DAILY BREAKFAST MENU

Breakfast consists of either cereal, muffin or Nutrigrain Bar.

All breakfasts are served with fruit or fruit juice and milk.

All breakfast cereals are made with whole grains and have 9 grams of sugar or less per serving.

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All breakfast served with fresh fruit and milk.

Food Focus of the Month

MAY



This month we're celebrating **kale**

Kale comes in a variety of colors: green, white, purple, or bluish green. Some varieties of kale grow five to seven feet tall!

Kale is a cruciferous vegetable, which means it is in the same family as broccoli, Brussel sprouts, and cabbage.