

April 2017

NATHAN HALE-RAY MIDDLE SCHOOL

LUNCH



Nathan Hale-Ray Middle School

Lunch Menu: \$3.10
Reduced price: \$0.40

ALT LUNCHES OFFERED:
Bagel and yogurt and cheese stick or Deli Sandwiches
Both offered with veggies and fruit



Kale

Nutrition Tip: Kale is low in calories, high in fiber, iron, Vitamins A&K and has zero fat. It is filled with powerful antioxidants and is a great anti-inflammatory food. Kale chips are seasoned and baked to make the leaves crisp.



Monday

Baseball Season Begins!
Bats (Mozzarella Sticks) with Marinara Dipping Sauce
Baked Kale chips
Fruit choices

3

Tuesday

Seasoned Turkey Taco Meat and Shredded Cheese with Nacho chips
Salsa, Tossed Green Salad
Fruit Choices

4

Wednesday

Ziti Bake with Marinara Sauce
Steamed Cauliflower
Fruit choices

5

Thursday

Grilled Chicken Parm on a bun
Roasted Carrots
Fruit choices

6

Friday

Mexican Cheese Quesadilla
Pizza with Salsa Dip
Corn and Black Bean Salad
Fruit choices

7

VACATION

10

VACATION

11

VACATION

12

VACATION

13

VACATION

14

Cheeseburger on Bun
Baked Potato Wedges

17

Fruit Choices

Baked Chicken Nuggets
Spinach and Strawberry Salad
Corn Muffin

18

Fruit choices

Pasta and Meatballs in Marinara Sauce
Tossed veggie salad

19

Fruit choices

Pancakes and Sausages
Warm Apple Slices
Sweet Potato Tots

20

Fruit Choices

Homemade Cheese Pizza
Italian Seasoned Roasted Chickpeas

21

Fruit choices

Take me out to the Ball Park
Hot Dogs on a bun
Baked Kale Chips
Baked Beans
Fruit Choices

24

Crispy Chicken Patty on Whole grain bun
Shredded Romaine
Corn Niblets
Fruit choices

25

Macaroni and Cheese
Tossed salad
Corn Muffin
Fruit choices

26

Waffles and Sausages
Warm Blueberry Sauce
Sweet Potato Wedges

27

Fruit choices

ARBOR DAY
French Bread Pizza
Broccoli Trees (steamed)
Fruit choices

28

Fruit choices include both fresh and canned fruits in fruit juice
100% Fruit juice offered once a week



Vegetables are seasoned with salt free seasonings, using canola oil when roasting.

All schools offer fresh Veggie cups to encourage all students to take a veggie!!



Menu subject to change
This institution is an equal opportunity provider

