

# May 2019

## River Islands Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Served Daily:</b> Assorted Fresh Fruit 1% White Milk (16) NonFat Chocolate Milk (22)</p> 	<p><b>Carbohydrates for Fresh Fruits</b> Apple (12), Sliced Apples (8) Petite Banana (12), Pear (16) Tangerines (13), Nectarine (15), Plum (10), Watermelon (11)</p> <p><small>*** Menu Items May Vary and Subject to Substitution by Items of Equal Nutritional Value.*** *** All menus are created and reviewed by MUSD Registered Nutrition Dietitian***</small></p>	<p>1 Assorted Pop Tart(38) String Cheese (1) 100% Fruit Juice(15)</p> <p><b>Minimum Day</b></p>	<p>2 Cheese Quesadilla(33) Orange Chicken w/Rice (47) Fortune Cookie (8) Nacho Cheese Doritos(9)</p>	<p>3 Cheese Pizza (27) Pepperoni Pizza(27) Turkey Ham &amp; Cheese on Hawaiian Roll(32) Nacho Cheese Doritos(9) 100% Fruit Juice(15)</p>
<p>6 Bean &amp; Cheese Burrito (42) Popcorn Chicken W/ Mac N Cheese(38) Snickerdoodle Cookie (27)</p>	<p>7 Baked Chicken Corndog(30) Grande Cheese &amp; Turkey Nachos(42) Chili Beans Vegetable (36) Frozen Treat Fruit Treat Cup (25)</p>	<p>8 Scooby Doo Graham (21) Colby Jack Cheese(0) 100% Fruit Juice(15)</p> <p><b>Minimum Day</b></p>	<p>9 Cheesy Bread Puffs (29) Roasted Herb Chicken w/Lg Roll (29) Sweet Mashed Potatoes (42) WG Rice Krispy Treat(9)</p>	<p>10 Cheese Pizza (27) Pepperoni Pizza(27) Buffalo Chicken Wrap (28) Nacho Cheese Doritos(9) 100% Fruit Juice(15)</p>
<p>13 Bean &amp; Cheese Burrito (42) Popcorn Chicken W/ Mac N Cheese(38) Chocolate Chip Cookie(27)</p>	<p>14 Turkey Hot Dog on a Bun(28) Grande Cheese &amp; Turkey Nachos(42) Chili Beans Vegetable (36) Frozen Treat Fruit Treat Cup (25)</p>	<p>15 Blueberry Loaf (23) String Cheese (1) 100% Fruit Juice(15)</p> <p><b>Minimum Day</b></p>	<p>16 Turkey and Gravy with Potato, Roll (48) Cheesy Bosco Sticks(30) WG Rice Krispy Treat(9)</p>	<p>17 Cheese Pizza (27) Pepperoni Pizza(27) Tuna Sandwich on WG Croissant (33) Nacho Cheese Doritos(9) 100% Fruit Juice(15)</p>
<p>20 Bean &amp; Cheese Burrito (42) Popcorn Chicken W/ Mac N Cheese(38) Chocolate Chip Cookie(27)</p>	<p>21 Baked Chicken Corndog(30) Grande Cheese &amp; Turkey Nachos(42) Chili Beans Vegetable (36) Frozen Treat Fruit Treat Cup (25)</p>	<p>22 Bunny Grahams (26) Colby Jack Cheese(0) 100% Fruit Juice(15)</p> <p><b>Minimum Day</b></p>	<p>23 Three Cheese Garlic Bread (30) Roasted Herb Chicken w/Lg Roll (29) Garlic Mashed Potatoes(18) WG Rice Krispy Treat(9)</p>	<p>24 Cheese Pizza (27) Pepperoni Pizza(27) Hawaiian BBQ Pulled Pork Sandwich (45) Nacho Cheese Doritos(9) 100% Fruit Juice(15)</p>
<p>27</p>  <p><b>MEMORIAL DAY</b></p> <p>No School</p>	<p>28 Baked Chicken Corndog(30) Grande Cheese &amp; Turkey Nachos(42) Chili Beans Vegetable (36) Frozen Treat Fruit Treat Cup (25)</p>	<p>29 <b>**Students Choice**</b> Colby Jack Cheese(0) 100% Fruit Juice(15)</p> <p><b>Minimum Day</b></p>	<p>30 <b>**Students Choice**</b> String Cheese (1) 100% Fruit Juice(15)</p> <p><b>Breakfast only today NO LUNCH SERVICE</b></p> 	<p>31 <b>**Students Choice**</b> Colby Jack Cheese(0) 100% Fruit Juice(15)</p> <p><b>Minimum Day</b></p>

### Summer Food Rocks!



#### Summer Lunches in the Park

Look for serving locations at

[www.musdnutrition.net](http://www.musdnutrition.net)

Free for children ages 2 to 18 years

June 4, 2019— July 26, 2019

Monday-Friday only (No Meal

Service on July 4th-5th)



### What Makes a Lunch

Select 3-5 Components



One must be a

