

Menus for May 2012



CALHOUN COMPLEX

This institution is an equal opportunity

SNACK WELL?

Snack foods are loaded with empty calories from solid fats and added sugar. Sad thing is, a third of all of our daily calories, on average, come from candy, chips, soda, pastries, and other junky snack foods. Luckily, there's a cure for this condition: can you say fresh fruit?



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.

WELLNESS IS A WAY OF LIFE!

YOUR ASSIGNMENT

Have a GREAT summer! We'll see you in a few months!



Tuesday, May 1

Choice of One

Chicken
Parmesan w/
Pasta or
Hamburger w/
Chips
Choice of:
Steamed Broccoli
Roasted Potatoes
Tossed Salad
Carrot & Celery
Sticks
Fruit

Wednesday, May 2

Choice of One

Chicken Nuggets
or
Pizzas
Choice of:
Green Beans
Corn
Tossed Salad
Roll
Fruit
Milk
Cookie

Thursday, May 3

Choice of One

Steak Strips w/
Gravy or
Deli Sandwich w/
Chips
Choice of:
Mashed Potatoes
Green Peas
Coleslaw
WW Roll
Tossed Salad
Fruit/Milk

Friday, May 4

Choice of One

Beefy Nachos w/
Cheese or
Chicken
Sandwich w/
Chips
Choice of
Refried Beans
Corn
Salsa/Sour Cream
Lettuce/Tomato/
Pickle/Salad
Fruit/Milk

Monday, May 7

Choice of One

Pizza Quesadilla
or Spaghetti w/
Texas Toast

Choice of:

Corn
Mixed Vegetables
Tossed Salad
Fruit
Milk

Tuesday, May 8

Choice of One

Philly Cheese
Steak Sandwich
or
Chicken
Sandwich

Choice of:

Sweet Potato
Fries
Tossed Salad
Carrot Sticks
Lettuce/Tomato
Fruit/Milk

Wednesday, May 9

Choice of One

Teriyaki Chicken
Nuggets w/WW
Roll or
Hamburger

Choice of:

Corn
Broccoli
Tossed Salad
Sliced Cucumbers
Lettuce/Tomato/
Pickles

Thursday, May 10

Choice of One

Beef Tacos or
Fajita Chicken
Wrap w/ Chips

Choice of:

Refried Beans
Spanish Rice
Salsa
Lettuce/Tomato
Tossed Salad
Fruit
Milk

Friday, May 11

Choice of One

Chicken Tenders
Hamburger w/
Chips

Choice of:

Mashed Potatoes
Green Beans
Tossed Salad
Cookie
WW Roll
Fruit/Milk
Cookie

Monday, May 14

Choice of One

Spaghetti w/
Texas Toast
Or
Corndog with
Chips

Choice of

Corn
Mixed Vegetables
Tossed Salad
Lettuce/Tomato
Fruit/Cookie
Milk

Tuesday, May 15

Choice of One

Chicken
Sandwich or
Hamburger
Choice of:
Corn on the Cob
Tossed Salad
Raw Veggies w/
Dip

Pinto Beans
Lettuce/Tomato/
Pickle
Fruit/Milk

Wednesday, May 16

Choice of One

Fish & Shrimp with
Hushpuppies or
Deli Sandwich
w/ Chips

Choice of:

French Fries
Ranch Beans
Coleslaw
Tossed Salad
Fruit/Cookie
Milk

Thursday, May 17

**MANAGERS
CHOICE**

Friday, May 18

**MANAGERS
CHOICE**