

Newport-Mesa Unified School Distict  
Elementary Lunch Menu  
May 2024

Monday	Tuesday	Wednesday	Thursday	Friday
		1  JUMBO CHICKEN CORNDOG ASSORTED SANDWICHES ON WHOLE GRAIN BREAD GARDEN SALAD with Cheese & WHOLE GRAIN ROLL ZUCCHINI COINS BABY CARROTS FRESH FRUIT NON FAT CHOCOLATE MILK 1% LOW FAT MILK KETCHUP LIGHT RANCH DRESSING CUP	2  CHEESE PIZZA CRUNCHERS ASSORTED SANDWICHES ON WHOLE GRAIN BREAD ASIAN CHICKEN SALAD & WHOLE GRAIN ROLL MARINARA DIPPING CUP BABY CARROTS FRESH FRUIT NON FAT CHOCOLATE MILK 1% LOW FAT MILK LIGHT RANCH DRESSING CUP	3  CHICKEN & CHEESE TAMALE ASSORTED SANDWICHES ON WHOLE GRAIN BREAD GREEK SALAD & WHOLE GRAIN ROLL SWEET CORN BABY CARROTS PINEAPPLE SPEAR NON FAT CHOCOLATE MILK 1% LOW FAT MILK LIGHT RANCH DRESSING CUP TACO SAUCE TAJIN
		Nutrients                      Target Cals...                      471                      79% Sodium.                      987* mg Prot    22.5*g    19.1%Cal Carb    67.2*g    57.1%Cal T.Fat   13.8*g    26.4%Cal S.Fat    4.1*g       7.9%Cal	Nutrients                      Target Cals...                      643                      100% Sodium.                      1057* mg Prot    30.1*g    18.7%Cal Carb    81.3*g    50.6%Cal T.Fat   23.3*g    32.6%Cal S.Fat    9.2*g       12.9%Cal	Nutrients                      Target Cals...                      569                      95% Sodium.                      619* mg Prot    31.5*g    22.2%Cal Carb    83.4*g    58.7%Cal T.Fat   14.0*g    22.2%Cal S.Fat    4.3*g       6.7%Cal
6  TURKEY PEPPERONI CALZONE FRESH BROCCOLI BABY CARROTS RAISINS OR CRAISINS NON FAT CHOCOLATE MILK 1% LOW FAT MILK LIGHT RANCH DRESSING CUP	7  CRISPY CHICKEN DRUMSTICK SOFT FLOUR TORTILLAS ASSORTED SANDWICHES ON WHOLE GRAIN BREAD CHICKEN CAESAR SALAD & WHOLE GRAIN ROLL BLACK OR PINTO BEANS BABY CARROTS FRESH FRUIT NON FAT CHOCOLATE MILK 1% LOW FAT MILK LIGHT RANCH DRESSING CUP TACO SAUCE	8  YANGS ORANGE CHICKEN VEGETABLE FRIED RICE FORTUNE COOKIE ASSORTED SANDWICHES ON WHOLE GRAIN BREAD GARDEN SALAD with Cheese & WHOLE GRAIN ROLL ZUCCHINI COINS BABY CARROTS FRESH FRUIT NON FAT CHOCOLATE MILK 1% LOW FAT MILK LIGHT RANCH DRESSING CUP	9  MOZZARELLA STICKS BREADED, WHOLE GRAIN ASSORTED SANDWICHES ON WHOLE GRAIN BREAD ASIAN CHICKEN SALAD & WHOLE GRAIN ROLL MARINARA DIPPING CUP BABY CARROTS FROZEN FRUIT CUP NON FAT CHOCOLATE MILK 1% LOW FAT MILK LIGHT RANCH DRESSING CUP	10  CHICKEN TAQUITOS ASSORTED SANDWICHES ON WHOLE GRAIN BREAD GREEK SALAD & WHOLE GRAIN ROLL JICAMA STICKS BABY CARROTS FRESH FRUIT NON FAT CHOCOLATE MILK 1% LOW FAT MILK TAJIN SALSA, MILD LIGHT SOUR CREAM LIGHT RANCH DRESSING CUP

*\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient.*  
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<div><div>NutrientsTarget</div><div>Cals...58297%</div><div>Sodium.845* mg</div><div>Prot28.5*g19.6%Cal</div><div>Carb85.1*g58.5%Cal</div><div>T.Fat15.6*g24.1%Cal</div><div>S.Fat7.6*g11.8%Cal</div></div>	<div><div>NutrientsTarget</div><div>Cals...623100%</div><div>Sodium.1063* mg</div><div>Prot35.3*g22.6%Cal</div><div>Carb78.3*g50.3%Cal</div><div>T.Fat19.9*g28.7%Cal</div><div>S.Fat4.1*g6.0%Cal</div></div>	<div><div>NutrientsTarget</div><div>Cals...653100%</div><div>Sodium.998* mg</div><div>Prot27.6*g16.9%Cal</div><div>Carb110.8*g67.9%Cal</div><div>T.Fat10.9*g15.1%Cal</div><div>S.Fat2.9*g4.1%Cal</div></div>	<div><div>NutrientsTarget</div><div>Cals...656101%</div><div>Sodium.845* mg</div><div>Prot28.6*g17.4%Cal</div><div>Carb64.2*g39.1%Cal</div><div>T.Fat23.2*g31.8%Cal</div><div>S.Fat8.3*g11.4%Cal</div></div>	<div><div>NutrientsTarget</div><div>Cals...49082%</div><div>Sodium.751* mg</div><div>Prot29.5*g24.1%Cal</div><div>Carb61.3*g50.1%Cal</div><div>T.Fat13.5*g24.8%Cal</div><div>S.Fat3.7*g6.9%Cal</div></div>
13  GRILLED CHEESE SANDWICH ON WHOLE GRAIN BREAD CHOCOLATE CHIP COOKIE CELERY STICKS BABY CARROTS RAISINS OR CRAISINS NON FAT CHOCOLATE MILK 1% LOW FAT MILK LIGHT RANCH DRESSING CUP	14  CHICKEN TENDERS GOLDFISH CRACKERS, WHOLE GRAIN ASSORTED SANDWICHES ON WHOLE GRAIN BREAD CHICKEN CAESAR SALAD & WHOLE GRAIN ROLL SWEET CORN BABY CARROTS FRESH FRUIT NON FAT CHOCOLATE MILK 1% LOW FAT MILK KETCHUP LIGHT RANCH DRESSING CUP	15  SOFT TACOS, TURKEY W/ LETTUCE & CHEESE ASSORTED SANDWICHES ON WHOLE GRAIN BREAD GARDEN SALAD with Cheese & WHOLE GRAIN ROLL BLACK OR PINTO BEANS BABY CARROTS FRESH FRUIT NON FAT CHOCOLATE MILK 1% LOW FAT MILK LIGHT RANCH DRESSING CUP TACO SAUCE	16  MACARONI & CHEESE WHOLE GRAIN DINNER ROLL ASSORTED SANDWICHES ON WHOLE GRAIN BREAD ASIAN CHICKEN SALAD & WHOLE GRAIN ROLL FRESH BROCCOLI BABY CARROTS FRESH FRUIT NON FAT CHOCOLATE MILK 1% LOW FAT MILK LIGHT RANCH DRESSING CUP	17  GALAXY PEPPERONI PIZZA ASSORTED SANDWICHES ON WHOLE GRAIN BREAD GREEK SALAD & WHOLE GRAIN ROLL CRUNCHY CUCUMBER SLICES BABY CARROTS FRESH FRUIT NON FAT CHOCOLATE MILK 1% LOW FAT MILK TAJIN LIGHT RANCH DRESSING CUP
<div><div>NutrientsTarget</div><div>Cals...633100%</div><div>Sodium.962* mg</div><div>Prot29.4*g18.6%Cal</div><div>Carb99.2*g62.7%Cal</div><div>T.Fat15.5*g22.1%Cal</div><div>S.Fat7.2*g10.2%Cal</div></div>	<div><div>NutrientsTarget</div><div>Cals...607100%</div><div>Sodium.896* mg</div><div>Prot27.9*g18.4%Cal</div><div>Carb77.0*g50.7%Cal</div><div>T.Fat22.1*g32.8%Cal</div><div>S.Fat4.1*g6.1%Cal</div></div>	<div><div>NutrientsTarget</div><div>Cals...55993%</div><div>Sodium.907* mg</div><div>Prot33.1*g23.7%Cal</div><div>Carb75.7*g54.2%Cal</div><div>T.Fat15.1*g24.3%Cal</div><div>S.Fat4.5*g7.3%Cal</div></div>	<div><div>NutrientsTarget</div><div>Cals...762117%</div><div>Sodium.1509* mg</div><div>Prot34.2*g17.9%Cal</div><div>Carb98.5*g51.7%Cal</div><div>T.Fat28.0*g33.0%Cal</div><div>S.Fat13.1*g15.5%Cal</div></div>	<div><div>NutrientsTarget</div><div>Cals...50484%</div><div>Sodium.874* mg</div><div>Prot25.7*g20.4%Cal</div><div>Carb64.2*g51.0%Cal</div><div>T.Fat16.5*g29.5%Cal</div><div>S.Fat6.8*g12.2%Cal</div></div>

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20  BEAN & CHEESE BURRITO ON WHOLE GRAIN TORTILLA FRESH CAULIFLOWER BABY CARROTS RAISINS OR CRAISINS NON FAT CHOCOLATE MILK 1% LOW FAT MILK LIGHT RANCH DRESSING CUP	21  WHOLE GRAIN ROTINI W/ MEAT SAUCE WHOLE GRAIN DINNER ROLL ASSORTED SANDWICHES ON WHOLE GRAIN BREAD CHICKEN CAESAR SALAD & WHOLE GRAIN ROLL EDAMAME BABY CARROTS FRESH FRUIT NON FAT CHOCOLATE MILK 1% LOW FAT MILK LIGHT RANCH DRESSING CUP	22  CRISPY CHICKEN SANDWICH W/ LETTUCE & PICKLES ASSORTED SANDWICHES ON WHOLE GRAIN BREAD GARDEN SALAD with Cheese & WHOLE GRAIN ROLL FRESH BROCCOLI BABY CARROTS FRESH FRUIT NON FAT CHOCOLATE MILK 1% LOW FAT MILK KETCHUP MAYONNAISE LIGHT RANCH DRESSING CUP	23  CHEESE PIZZA CRUNCHERS ASSORTED SANDWICHES ON WHOLE GRAIN BREAD ASIAN CHICKEN SALAD & WHOLE GRAIN ROLL MARINARA DIPPING CUP BABY CARROTS FRESH FRUIT NON FAT CHOCOLATE MILK 1% LOW FAT MILK LIGHT RANCH DRESSING CUP	24  CHICKEN DOUBLE DOGS ASSORTED SANDWICHES ON WHOLE GRAIN BREAD GREEK SALAD & WHOLE GRAIN ROLL JICAMA STICKS BABY CARROTS AMERICAN HERO STRAWBERRY LEMONADE ITALIAN ICE NON FAT CHOCOLATE MILK 1% LOW FAT MILK LIGHT RANCH DRESSING CUP TAJIN KETCHUP
Nutrients                      Target Cals...                      564                      94% Sodium.                      733* mg Prot 26.2*g                      18.6%Cal Carb 90.7*g                      64.3%Cal T.Fat 11.5*g                      18.3%Cal S.Fat 4.2*g                      6.7%Cal	Nutrients                      Target Cals...                      720                      111% Sodium.                      1130* mg Prot 37.5*g                      20.8%Cal Carb 95.6*g                      53.1%Cal T.Fat 23.7*g                      29.6%Cal S.Fat 7.1*g                      8.9%Cal	Nutrients                      Target Cals...                      621                      100% Sodium.                      1097* mg Prot 29.2*g                      18.8%Cal Carb 82.8*g                      53.3%Cal T.Fat 21.4*g                      31.0%Cal S.Fat 4.8*g                      7.0%Cal	Nutrients                      Target Cals...                      643                      100% Sodium.                      1057* mg Prot 30.1*g                      18.7%Cal Carb 81.3*g                      50.6%Cal T.Fat 23.3*g                      32.6%Cal S.Fat 9.2*g                      12.9%Cal	Nutrients                      Target Cals...                      551                      92% Sodium.                      1043* mg Prot 22.8*g                      16.5%Cal Carb 82.6*g                      59.9%Cal T.Fat 14.2*g                      23.2%Cal S.Fat 3.8*g                      6.2%Cal
27  NO SCHOOL TODAY	28  NATIONAL BURGER DAY! CHEESEBURGER SLIDERS BAKED TATER TOTS BABY CARROTS FRESH FRUIT NON FAT CHOCOLATE MILK 1% LOW FAT MILK KETCHUP LIGHT RANCH DRESSING CUP	29  YANGS TERIYAKI CHICKEN VEGETABLE FRIED RICE FORTUNE COOKIE ASSORTED SANDWICHES ON WHOLE GRAIN BREAD GARDEN SALAD with Cheese & WHOLE GRAIN ROLL FRESH BROCCOLI BABY CARROTS FRESH FRUIT NON FAT CHOCOLATE MILK 1% LOW FAT MILK LIGHT RANCH DRESSING CUP	30  SHARK CHICKEN NUGGETS CHOCOLATE CHIP COOKIE ASSORTED SANDWICHES ON WHOLE GRAIN BREAD GREEK SALAD & WHOLE GRAIN ROLL CELERY STICKS BABY CARROTS FRESH FRUIT NON FAT CHOCOLATE MILK 1% LOW FAT MILK LIGHT RANCH DRESSING CUP KETCHUP	31  CHICKEN & CHEESE TAMALE TORTILLA CHIPS ASSORTED SANDWICHES ON WHOLE GRAIN BREAD GREEK SALAD & WHOLE GRAIN ROLL BLACK OR PINTO BEANS BABY CARROTS FRESH FRUIT NON FAT CHOCOLATE MILK 1% LOW FAT MILK LIGHT RANCH DRESSING CUP TACO SAUCE

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Nutrients	Target		Nutrients	Target		Nutrients	Target		Nutrients	Target		Nutrients	Target	
Cals...	0	0%	Cals...	605	100%	Cals...	623	100%	Cals...	531	89%	Cals...	795	122%
Sodium.	0* mg		Sodium.	1056* mg		Sodium.	1043* mg		Sodium.	1076* mg		Sodium.	650* mg	
Prot	0.0*g	0.0%Cal	Prot	29.8*g	19.7%Cal	Prot	31.2*g	20.0%Cal	Prot	24.9*g	18.8%Cal	Prot	36.8*g	18.5%Cal
Carb	0.0*g	0.0%Cal	Carb	83.2*g	55.1%Cal	Carb	99.8*g	64.0%Cal	Carb	79.6*g	59.9%Cal	Carb	114.7*g	57.7%Cal
T.Fat	0.0*g	0.0%Cal	T.Fat	17.9*g	26.6%Cal	T.Fat	11.3*g	16.3%Cal	T.Fat	14.6*g	24.8%Cal	T.Fat	22.9*g	25.9%Cal
S.Fat	0.0*g	0.0%Cal	S.Fat	4.6*g	6.9%Cal	S.Fat	3.3*g	4.8%Cal	S.Fat	4.2*g	7.1%Cal	S.Fat	4.3*g	4.8%Cal

\*Menu subject to change  
\*\*Pre-K: no chocolate milk; juice 1x/day only; alternate item offered on days corn dogs, hotdogs, baby carrots, or other potential choking hazards are planned.

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