



# May

## K-5 Lunch Menu 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
 <p><b>Ki</b></p> <p><b>All lunches include a choice of:</b></p> <ul style="list-style-type: none"> <li>Choice of Hot or Cold Entree</li> <li>1% White or Nonfat Chocolate Milk</li> <li>100% Fruit Juice Selection</li> <li>Fresh Fruit &amp; Vegetable</li> </ul>	<p><b>1</b></p> <p>Beef Broccoli w/ Rice or Turkey Lunch Kit Apple Slices Celery</p>	<p><b>2</b></p> <p>Grilled Cheese or Peach Parfait Baked Beans Pear</p>	<p><b>3</b></p> <p>Spagetti w/ Meat Sauce Garlic Toast or Asian Salad &amp; Bread Roll Sweet Corn Kiwi</p>	<p>Cal 585 T.Fat 13.66 G Sodm 1007.36 Mg</p> <p><b>TARGET NUMBERS for K- 5</b> Cal: 550-650 Sat. Fat: &lt;10% Sodium:&lt; 935 mg no trans fat in our menu items</p>	
<p><b>6</b></p> <p>Pepperoni Pizza Wedge or PB&amp;J Sandwich Apple Celery</p>	<p><b>7</b></p> <p>Walking Taco Salsa Cup or Southwest Salad Sweet Corn Orange</p>	<p><b>8</b></p> <p>Burger Buddies or Asian Wrap Garden Salad Apple Slices</p>	<p><b>9</b></p> <p>Chicken Katsu &amp; Bread Roll or Turkey Sandwich Broccoli Pear</p>	<p><b>10</b></p> <p>Asada Fries Corn Star or Turkey Lunch Kit Pinto Beans Apple</p>	<p>Cal 574 T.Fat 16.32 G Sodm 829.69 Mg</p>
<p><b>13</b></p> <p>Bean and Cheese Burrito or PB&amp;J Sandwich Pinto Beans Apple</p>	<p><b>14</b></p> <p>Rotini Pasta Garlic Toast or Turkey Pinwheel Garden Salad Orange</p>	<p><b>15</b></p> <p>Chicken Tender &amp; Waffle Fry Sandwich w/ Waffle Fries or Asian Salad &amp; Bread Roll Apple Slices</p>	<p><b>16</b></p> <p>Orange Chicken w/ Noodles or Turkey Lunch Kit Celery Pear</p>	<p><b>17</b></p> <p>Mac n' Cheese w/ Corn Bread or Yogurt, Cheese &amp; Granola Tangerine Celery</p>	<p>Cal 551 T.Fat 12.81 G Sodm 820.09 Mg</p>
<p><b>20</b></p> <p>Cheese Pizza Wedge or PB&amp;J Sandwich Sweet Corn Apple</p>	<p><b>21</b></p> <p>Pork Carnitas w/ Tortilla Chips or Chicken Caesar Salad w/ Apple Strudel Pinto Beans Orange</p>	<p><b>22</b></p> <p>Chicken Nuggets Cheez-it Crackers or Strawberry Parfait Garden Salad Apple Slices</p>	<p><b>23</b></p> <p>Chicken Alfredo Garlic Toast or PB&amp;J Sandwich Pear Celery</p>	<p><b>24</b></p> <p>BBQ Chicken w/ Mashed Potatoes Corn Bread or Turkey Pinwheel Kiwi</p>	<p>Cal 551 T.Fat 16.97 G Sodm 793.56 Mg</p>
<p><b>27</b></p> <p> MEMORIAL DAY</p>	<p><b>28</b></p> <p>Chicken Tamale or Southwest Salad &amp; Bread Roll Pinto Beans Orange</p>	<p><b>29</b></p> <p>Chili Cheese Fries Corn Bread or Turkey Lunch Kit Apple Slices Celery</p>	<p><b>30</b></p> <p>Cheeseburger or Turkey Pinwheel Sweet Corn Pear</p>	<p><b>31</b></p> <p>Teriyaki Beef Blaster w/ Rice or Yogurt, Cheese &amp; Granola Broccoli Pineapple</p>	<p>Cal 554 T.Fat 15.28 G Sodm 746.92 Mg</p>

SGUSD we reserve the right to substitute any item.  
All meals meet the whole grain requirement.  
This institution is an equal opportunity provider.

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