

Roswell Independent School District
ELEMENTARY SCHOOL

Choice of Fat Free Chocolate (20g),
 Fat Free Strawberry (20g), or 1% White Milk (13g)
 Parkview only has 1% White Milk (13g) Offered

MAY 2019

MENU SUBJECT TO CHANGE DUE TO AVAILABILITY									
MON		TUE		WED	1	THU	2	FRI	3
~~BREAKFAST~~									
WK 2				Crescent Choc Filled (37g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		French Toast Sticks (26g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		Benefit Bars (48g) Juice 1/2 C (13-21g), Applesauce 1/2C (22g)	
~~LUNCH~~									
				Frito Pie (38g), Corn (16g), Peaches (16g)		Corn Dog (33g), Fries (27g), Pineapple (17g)		Cheesy Nachos (46g), Beans (13g), Sliced Apples (8g)	
MON	6	TUE	7	WED	8	THU	9	FRI	10
~~BREAKFAST~~									
WK 3		Mini Corn Dogs (20g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		Mini Bagels w/Cream Cheese (41g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		Goody Ring (29g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		Burrito (@36g) (HS/MS) Cereal Breaks (Elem Only) (58g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)	
~~LUNCH~~									
Breaded Chicken Sandwich (46g), Lettuce/Tomato (2g), Baby Carrots (6g), Seasonal Fruit (~15g)		BBQ Dippers (9g), Mashed Potatoes (18g), Whole Wheat Roll (29g), Gravy (4g), Mixed Fruit (16g)		Deli Sandwich (ELEM) (22g), Lettuce/Tomato (2g), Baby Carrots (6g), Pineapple (~17g)		Chicken Fajitas (33g), Beans (23g), Salad w/ Diced Tomatoes (3g), Peaches (16g)		Spaghetti (37g), Green Beans (4g), Sliced Apples (~15)	
MON	13	TUE	14	WED	15	THU	16	FRI	17
~~BREAKFAST~~									
WK 1		Pancake on Stick (17g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		Egg & Cheese Bun (20g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		Muffin (40g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		Bug Bite Crackers (21g) & Cheese Stick (1g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)	
~~LUNCH~~									
Pizza (36g) Salad w/Diced Tomatoes (3g), Seasonal Fruit (~15g)		Chicken Nuggets (13g), Mashed Potatoes (18g), Whole Wheat Roll (29g), Gravy (4g), Mixed Fruit (16g)		Hamburger (24g), Lettuce/Tomato (2g) Fresh Carrots/Broccoli (6g), Peaches (~16g)		Japanese Cherry Blossom Chicken (27g), Brown Rice (33g), Steamed or Fresh Broccoli & Carrots (6g), Pineapple (17g), Rice Crispy Treat (37g), Fortune Cookie (5g)		Cheese Sticks w/Marinara (45g), Salad w/Tomatoes (3g), Sliced Apples (~8g)	
MON	20	TUE	21	WED	22	THU	23	FRI	24
~~BREAKFAST~~									
WK 2		Tony's Sausage Bk Pizza (26g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		Morning Roll (17g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		French Toast Sticks (26g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		Benefit Bars (48g) Juice 1/2 C (13-21g), Applesauce 1/2C (22g)	
~~LUNCH~~									
Golden Burrito (40g), Beans (18g), Salad w/Diced Tomatoes (3g), Seasonal Fruit (~15g)		Pork Chop Sandwich (11g), Baby Carrots (6g), Mixed Fruit (16g)		Pizza (36g) Salad w/Diced Tomatoes (3g), Peaches (~16g)		Corn Dog (33g), Fries (27g), Pineapple (17g)		Deli Sandwich (ELEM) (22g), Lettuce/Tomato (2g), Baby Carrots (6g), Sliced Apples (~8g)	
MON	27	TUE	28	WED	29	THU	30	FRI	31
~~BREAKFAST~~									
NO SCHOOL									
~~LUNCH~~									
NO SCHOOL									