

Palouse Prairie Charter School Lunch Menu

May-June 2019



Monday		Tuesday		Wednesday		Thursday		Friday			
<p>Join us for summer lunch! June 10-August 23 11:30 am- 12:30 pm Lena Whitmore Elementary Kids eat free!</p>				1		2		3			
				<p>Very Berry Chicken Salad Including: Baked seasoned chicken, strawberry spinach salad, sunflower seeds, dried cranberries Cheese Breadstick Fresh Fruit Milk choices</p>		<p>Fish Sticks Twisted Baked Potatoes Chilled fruit Milk choices</p>		<p>Pepperoni Pizza Sticks Tossed Green Salad Fresh fruit Milk choices</p>			
6		7		8		9		10			
<p>Fishwich Red Pepper Strips Banana Milk Choices</p>		<p>Sub sandwich Fresh Vegetables Chilled Fruit Frosted Cookie Milk choices</p>		<p>Taco salad bar with: seasoned beef, cheddar cheese, salad greens, carrots, tomatoes, tortilla chips Seasoned pinto beans Orange Wedges Milk Choices</p>		<p>Hamburger or cheeseburger Tossed Green Salad Chilled Fruit Milk choices</p>		<p>Corndog Twisted Baked Potatoes Steamed veggies Fresh Fruit Milk Choices</p>			
13		14		15		16		17			
<p>French Toast Sticks Egg or Sausage Patty Applesauce Seasoned Potatoes Milk choices</p>		<p>Grilled Cheese Sandwich + Tomato Soup Fresh vegetables Fresh Washington Pear Milk choices</p>		<p><i>Chef Salad w/ Deli meat, + cheese Assorted fresh vegetables Sunflower seeds Breadstick Fresh Fruit Milk choices</i></p>		<p>Creamy Mac + Cheese Green peas Red pepper strips Fresh baked roll Fresh Fruit Milk choices</p>		<p>Cheese Pizza Carrots + Hummus Fresh Fruit Milk choices</p>			
20		21		22		23		24			
<p>Hot dog on bun (turkey) Twisted Baked Potato Peaches Milk choices</p>		<p>Tangerine Chicken + brown rice Steamed broccoli Mandarin Oranges Fortune Cookie Milk choices</p>		<p>Gyro Salad bar with Seasoned beef, mozzarella cheese, fresh greens + vegetables Tzatziki (Greek yogurt sauce) Pita bread Fresh fruit Milk choices</p>		<p>BBQ chicken sandwich Fresh strawberries Carrot Sticks Baked chips Milk choices</p>		<p>Pizza Pockets Fresh Fruit and Sugar Snap Peas Hummus Veggie Dip Milk choices</p>			
27		28		29		30		31			
<p>No School Memorial Day </p>		<p>Turkey + Cheese flatbread sandwich Cherry tomatoes, cucumbers, celery, cauliflower + dip Fresh Washington Pears Milk choices</p>		<p>Last Day of School French Toast Sticks Egg or Sausage Patty Applesauce Seasoned Potatoes Milk choices</p>		<p>No School Teacher Work Day </p>					
Average		Weekly Target		% of Target		Average		Weekly Target		% Calories	
Calories 639		600-650		100		Saturated Fat 5.81 g		< 10.00 %		8.2 %	
Sodium 1117 mg		< 1230 mg									