

# Shippensburg Intermediate School: May Menu 2015

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Classic Cheese Pizza Slice  Garden Salad
4 Golden Toasty Cheese Sandwich on Whole Wheat  Campbell's Tomato Soup Crunchy Baked Tater Tots	5 Taco Tuesday, Two Soft Taco shells with Beef and Cheese, Lettuce & Tomato  Apple Churro Herbed Green Beans	6 Classic Cheeseburger  on Whole Grain Bun Baked Tater Tots	7 Hot Ham and Cheese on Pretzel Bun  Oven Baked Fries	8 Classic Cheese Pizza Slice  Steamed Seasoned Broccoli
11 Chicken Sandwich on Whole Grain Bun  Seasoned Potato Wedges	12 Nachos with Beef and Shredded Cheddar  Seasoned Rice Mild Salsa	13 No School	14 Oven Toasted Cheese Pizza Dunkers served with Marinara Sauce  Seasoned Peas	15 Crispy Chicken Nuggets  Sweet Potato Tots Whole Grain Biscuit
18 Breakfast for Lunch! French Toast Sticks with Turkey Sausage Links Baked Tater Tots	19 Spaghetti with Marinara and Meatballs  Steamed Green Beans Toasty Breadstick	20 Classic Cheeseburger  on Whole Grain Bun Baked Tater Tots	21 Hot Dog on Whole Grain Bun  Oven Baked Beans Oven Baked Fries	22 Classic Cheese Pizza  Steamed Seasoned Broccoli
25 No School	26 Chicken Nuggets with Asst Sauces (BBQ, Sweet and Sour, Ranch, Honey)  Whole Grain Biscuit California Blend Vegetables	27 Spaghetti with Meatsauce  Tossed Salad Garlic Breadstick	28 Crunchy Popcorn Chicken & Creamy Mashed Potato Bowl  Steamed Seasoned Corn	29 Oven Toasted Cheese Pizza Dunkers served with Marinara Sauce  Seasoned Green Beans
<b>DAILY ALTERNATES</b>				
Ham and Cheese on Whole Grain Bun	Fun Lunch: Assorted Cereal, Danimals Yogurt, Low Fat String Cheese	Fun Lunch: Build your own Nachos! Crunchy Corn Tortilla Rounds, Mild Salsa, Cheddar Cheese	Fun Lunch: Cheerios, Danimals Yogurt, Low Fat String Cheese	Turkey and Cheese on Whole Grain Bun
<b>DAILY Fruit and Vegetables</b>				
Choose with any Meal: Carrot Sticks Chilled Pears in Juice Assorted Fresh Fruit Homemade Chickpea Salad	Choose with any Meal: Romaine & Spinach Salad Sweet Corn Salad Cinnamon Applesauce Assorted Fresh Fruit	Choose with any Meal: Fresh Red Pepper Strips Citrus Black Bean Salad Chilled Peaches in Juice Assorted Fresh Fruit	Choose with any Meal: Oranges Smiles Fresh Broccoli Florets Assorted Fresh Fruit	Choose with any Meal: Tossed Green Salad Chilled Fruit Cocktail Assorted Fresh Fruit

**Breakfast Menu**

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
Mini Maple Panckes Grape juice Applesauce Milk	Cherry BKF Turnover Apple Juice  Milk	Mini French Toast Orange Juice Applesauce Milk	Apple BKF Turnover Grape juice  Milk	Mini Strawberry Pancakes Orange Juice Applesauce Milk

**ELEMENTARY: A full student lunch includes a choice of entrée supplying protein and grain, two (2) vegetable side dishes, one (1) fruit side dish, and a choice of milk. Milk choices include 1% white and skim chocolate.**