

May-17

Sumter School District Ebenezer Middle Lunch Menu

Monday		Tuesday		Wednesday		Thursday		Friday	
<p>1% White Milk and Assorted Flavored Non Fat & Skim Milk Served daily at Breakfast and Lunch Breakfast and Lunch is free for all students</p> <p>Students wishing to get a second meal will have to pay the ala carte price of \$2.25 for breakfast and \$3.75 for lunch.</p> <p>Adult Breakfast -\$2.25 Adult Lunch- \$3.75</p> <p>Reminder - Menu Subject to Change Due to Food Availability</p>									
1	<p>Hotdog w/ Chili or Toasted Turkey and Cheese Sub Crispy Crinkle Cut Fries Romaine Lettuce/ Tomato Mandarin Oranges or 100% Fruit Punch Juice</p> <p>Fresh Pick: Grilled Chicken Salad Cheez-It Crackers</p>	2	<p>Chili Cheese Fries or Chicken Fajita Wrap Romaine Lettuce/ Diced Tomato Fresh Melon Medley Cup or 100% Apple Juice</p> <p>Fresh Pick: Southwest Salad</p>	3	<p>Rotini Bake Garlic Texas Toast or BBQ Flatbread Sandwich Vegetable Medley or Green Beans Fruit Cocktail or Mandarin Oranges</p> <p>Fresh Pick: Chef Salad w/ Ham Cheez-It Crackers</p>	4	<p>Baked Chicken Seasoned Yellow Rice or Hamburger on WW Bun Pinto Beans or Cherry Star V-Juice Fresh Apple or Mixed Fruit</p> <p>Fresh Pick: Crispy Chicken Salad Cheez-It Crackers</p>	5	<p>Pepperoni Pizza Slice or Beef Taco Seasoned Corn or Romaine Lettuce/ Tomato Chilled Peach Cup or Strawberry Fruit Cup</p>
8	<p>Chicken Pileau WW Breadstick or BBQ Pork on WW Bun Pinto Beans or Steamed Broccoli Fresh Apple or 100% Fruit Punch Juice</p> <p>Fresh Pick: Grilled Chicken Salad Cheez-It Crackers</p>	9	<p>Shepherd's Pie Cornbread or Club Sandwich Steamed Cabbage or Fresh Baby Carrots w/ Dip Fresh Melon Medley Cup or Mandarin Oranges</p> <p>Fresh Pick: Southwest Salad</p>	10	<p>Nachos or Chicken Fajita Wrap Steamed Corn Romaine Lettuce/ Diced Tomato Fresh Orange Wedges or 100% Blue Razz Juice</p> <p>Fresh Pick: Chef Salad w/ Turkey Cheez-It Crackers</p>	11	<p>Baked Turkey w/ Gravy Baked Ham Steamed Rice Sweet Potatoes or Green Beans Sliced Peaches or Blushing Pears</p> <p>Fresh Pick: Chef Salad w/ Ham Cheez-It Crackers</p>	12	<p>Pepperoni Pizza Slice or Chicken Salad w/ Croissant Steamed Broccoli or Cucumber and Tomatoes Strawberry Fruit Cup or Fruit Cocktail</p> <p>Fresh Pick: Crispy Chicken Salad Cheez-It Crackers</p>
15	<p>Chicken Tenders w/ BBQ Sauce or Fish Nuggets w/ Tartar Sauce Seasoned Rice Cornbread Lima Beans Stewed Tomatoes Fresh Apple or 100% Fruit Punch Juice</p> <p>Fresh Pick: Grilled Chicken Salad Cheez-It Crackers</p>	16	<p>Spaghetti w/ Meat Sauce WW Breadstick Turkey and Cheese on WW Bun Sliced Carrots or Green Beans Strawberry Fruited Gelatin w/ Topping or Sliced Pears</p> <p>Fresh Pick: Southwest Salad</p>	17	<p>Beef Taco or Chicken Fajita Wrap Steamed Corn Romaine Lettuce/ Diced Tomato Fresh Orange Wedges or 100% Blue Razz Juice</p> <p>Fresh Pick: Chef Salad w/ Ham Cheez-It Crackers</p>	18	<p>Baked Chicken Seasoned Brown Rice or Hot Ham and Cheese on WW Bun Pinto Beans or Mixed Vegetables Fresh Melon Medley Cup or Chilled Applesauce</p> <p>Fresh Pick: Chef Salad w/ Ham Cheez-It Crackers</p>	19	<p>Pepperoni Pizza Slice or Tuna Salad w/ Wheat Thin Sliced Bread Steamed Broccoli or Romaine Lettuce w/ Tomato Ridgefield Frozen Fruit Cup or Strawberry Fruit Cup</p> <p>Fresh Pick: Crispy Chicken Salad Cheez-It Crackers</p>
22	<p>Chicken Alfredo w/ WW Breadstick or Turkey and Cheese on WW Bun Vegetable Normandy or Green Peas Sliced Peaches 100% Fruit Punch Juice</p>	23	<p>Chili Cheese Fries or Chicken Fajita Wrap Pinto Beans Romaine Lettuce/Diced Tomato Fresh Tangerine or Pineapple Tidbits</p>	24	<p>Lasagna Ravioli or Garlic Toast or Club Sandwich Green Beans or Toss Salad w/ Dressing Fresh Apple or 100% Grape Juice</p>	25	<p>Turkey Tetrizzini or Ham and Cheese on WW Bun Sliced Carrots or Blackeyed Peas Strawberry Fruit Cup or Sliced Pears</p>	26	<p>Turkey and Cheese on WW Bun Cherry Star V-Juice Baked Snack Fresh Apple</p>
29	<p>No School</p>		30	<p>Chicken Filet on WW Bun WG Corndog Baked Beans or Romaine Lettuce/Tomato/Pickle Strawberry Fruit Cup or 100% Apple Juice</p>	31	<p>1/2 Day Attendance No Lunch</p>	1-Jun	<p>1/2 Day Attendance No Lunch</p>	<p>FIELD DAY</p>

USDA is an equal opportunity employer and provider