



# Mount Prospect Lunch Menu

## May 2019

New Snack Offering on Wednesdays and Fridays!

**Ice Milk Novelties \$1.50**

Made with either non-fat or skim milk

All cones whole grain rich  
Made in a nut free facility

### Allergen Key

G – Gluten

E – Egg

D – Dairy

**\*Vegetarian Options\***

1

Cheese\* or Beef Nachos (GD)

Roasted Carrots

Diced Peaches in Juice

2

Cheesy Baked Penne\* (GD)

Fresh Broccoli

Pineapple Tidbits in Juice

3

Mozzarella Sticks\* (GD) with Marinara Sauce

Steamed Corn

Fresh Pear

6

Grilled Cheese\* (GD) with Tomato Soup OR Campfire Beans over WG Rice\*

Fresh Baby Carrots

Apricot Halves in Juice

7

Chicken Parm (GD) over Spaghetti (G)

Red Pepper Strips

Diced Pears in Juice

8

Chicken Tenders (G) with Garlic Toast (GD)

Fresh Zucchini Slices

Fresh Apple

9

Bacon Egg and Cheese Biscuit (GED)

Baked French Fries

Applesauce

10

Grilled Cheese\* with or without Bacon (GD)

Fresh Cucumber Slices

Fruit Cup in Juice

13

French Toast Sticks\* with Scrambled Eggs (GED) OR Campfire Beans over WG Rice\*

Baked Hash Brown

Fresh Orange

14

Cheese Ravioli\* (GED) with Marinara Sauce

Mixed Roasted Vegetables

Fresh Apple

15 Ace Giveaway Day

Chicken Nugget Bowl (G) with Whole Grain Biscuit (GD)

Sweet Potato Fries

Diced Peaches

16

Meatball Parm Sub (GED)

Roasted Carrots

Pineapple Tidbits in Juice

17

Chicken or Cheese\* (D) Nachos

Fresh Red Pepper Strips

Mandarin Oranges in Juice

20

Mac and Cheese\* (GD) with Corn Bread (GED) OR Campfire Beans over WG Rice\*

Roasted Fresh Broccoli

Apricot Halves in Juice

21

Popcorn Chicken (G) with Whole Grain Dinner Roll\*

Fresh Red Pepper Strips

Diced Pears in Juice

22

All Beef Hot Dog on a Bun (G)

Baked French Fries

Fresh Apple

23

Mini Waffles\* (GED) with Chicken Sausage

Baked Tater Tots

Applesauce

24

**In-Service Day  
No School**

27

**Memorial Day  
No School**

28

Penne Alfredo with Chicken (GD)

Roasted Carrots

Fresh Grapes

29

Chicken Nuggets (G) with Garlic Toast (GD)

Fresh Broccoli

Fresh Banana

30

Breaded Chicken Drumstick (G) with Whole Grain Dinner Roll (G)

Fresh Tomato Wedges

Fresh Orange

31

Pizza Sticks\* (GD) with Marinara Sauce

Fresh Cucumber Slices

Mandarin Oranges in Juice

### More info...Meatless Mondays!

Lunch Price \$2.60

Must purchase at least 1 fruit **or** 1 vegetable **and** 2 other food groups, otherwise, a la carte pricing applies. Qualifying lunches include milk, 4oz Juice or 8 oz. water.

### Daily Options... Hummus available Daily

Cheese or Pepperoni Pizza, Spicy or Plain Chicken Patty, Hamburger or Cheeseburger, and Veggie Burgers. Assorted Fresh Fruit and Vegetables.

For lunch related information Visit:

<http://bernards.schooldish.com>