22-23 FCS Elementary Lunch

May 2023

22-23 FCS Elementary Lunch

Way 2023 PCS Elementary Luncl						
Monday	Tuesday	Wednesday	Thursday	Friday		
1	2	3	4	5		
Entree	Entree	Entree	Entree	Entree		
Popcorn Chicken PB &J Uncrustables with Pretzels & String Cheese	Grilled Cheese Sandwich Turkey and Cheese Sticks with Pretzels	Hot Dog PB &J Uncrustables with Pretzels & String Cheese	Chicken Patty Sandwich Assorted Yogurt with Graham Crackers	Cheese Pizza Rippers PB &J Uncrustables with Pretzels & String Cheese		
Vegetables	Vegetables	Vegetables	Vegetables	Pepperoni Pizza Rippers		
Mashed Potatoes Celery Sticks	Corn Grape Tomatoes	Baked Beans Baby Carrots	Green Beans Cucumber Slices	Vegetables Marinara Dip Cup		
Fruit	Fruit	Fruit	Fruit	Broccoli Florets		
Fresh Oranges Assorted 100% Fruit Juice	Strawberry Cup Assorted 100% Fruit Juice	Diced Pear Cup Assorted 100% Fruit Juice	Diced Peach Cup Assorted 100% Fruit Juice	Fruit Fresh Apple		
Grains	Milk	Grains	Grains	Assorted 100% Fruit Juice		
Nickels Dinner Roll	Fat Free Chocolate Milk	Sugar Cookie	Graham Crackers	Milk		
Milk	1% Milk Misc.	Milk	Milk	Fat Free Chocolate Milk 1% Milk		
Fat Free Chocolate Milk 1% Milk	Buttermilk Ranch Dressing	Fat Free Chocolate Milk 1% Milk	Fat Free Chocolate Milk 1% Milk	Misc.		
Misc.	Cup	Misc.	Misc.	Buttermilk Ranch Dressing Cup		
Ketchup Dip Cup BBQ Sauce Dip Cup Buttermilk Ranch Dressing Cup Chicken Gravy		Ketchup Dip Cup Mustard Buttermilk Ranch Dressing Cup	Ketchup Dip Cup Mustard Buttermilk Ranch Dressing Cup			
8	9	10	11	12		
Entree	Entree	Entree	Entree	Entree		
Mac N Cheese PB &J Uncrustables with	Mini Corndogs PB &J Uncrustables with	Tostitos Turkey Nachos Assorted Yogurt with	Cheeseburger Assorted Yogurt with	4 x 6 Cheese Pizza 4 x 6 Pepperoni Pizza		
Pretzels & String Cheese	Pretzels & String Cheese	Graham Crackers	Graham Crackers	PB &J Uncrustables with		
Vegetables	Vegetables	Vegetables	Vegetables	Pretzels & String Cheese		
Green Beans	Baked Beans	Salsa Dipping Cup	Grape Tomatoes	Vegetables		
Baby Carrots	Celery Sticks	Corn	Potato Smiles	Side Salad		
Fruit	Fruit	Fruit	Fruit	Broccoli Florets		
Applesauce Cup	Pineapple Cup	Fresh Oranges	Frozen Peach Cup	Fruit		
Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Apple Slices Assorted 100% Fruit Juice		
Grains	Grains	Grains	Grains			
Nickels Dinner Roll	Chocolate Chip Cookie	Graham Crackers	Graham Crackers	Milk		
Milk	Milk	Milk	Milk	Fat Free Chocolate Milk 1% Milk		
Fat Free Chocolate Milk	Fat Free Chocolate Milk	Fat Free Chocolate Milk	Fat Free Chocolate Milk	Misc.		
1% Milk Misc.	1% Milk Misc.	1% Milk	1% Milk Misc.	Buttermilk Ranch Dressing		
Buttermilk Ranch Dressing	Ketchup Dip Cup		Ketchup Dip Cup	Cup		
Cup Margarine Cup	Mustard Buttermilk Ranch Dressing Cup		Mustard Buttermilk Ranch Dressing Cup			

15	16	17	18	19
Entree	Entree	Entree	Entree	Entree
Popcorn Chicken	Dutch Waffles	Hot Dog	Soft Pretzel	Cheese Breadsticks
PB &J Uncrustables with Pretzels & String Cheese	PB &J Uncrustables with Pretzels & String Cheese	Turkey and Cheese Sticks with a Roll	Turkey and Cheese Sticks with a Roll	PB &J Uncrustables with Pretzels & String Cheese
Vegetables	Vegetables	Vegetables	Vegetables	Vegetables
Mashed Potatoes Celery Sticks	Tater Tots Baby Carrots	Baked Beans Baby Carrots	Green Beans Cucumber Slices	Marinara Dip Cup Broccoli Florets
Fruit	Fruit	Fruit	Fruit	Fruit
Applesauce Cup Assorted 100% Fruit Juice	Diced Peach Cup Assorted 100% Fruit Juice	Diced Pear Cup Assorted 100% Fruit Juice	Apple Slices Assorted 100% Fruit Juice	Fresh Oranges Assorted 100% Fruit Juice
Grains	Milk	Grains	Milk	Milk
Nickels Dinner Roll	Fat Free Chocolate Milk 1% Milk	Sugar Cookie	Fat Free Chocolate Milk 1% Milk	Fat Free Chocolate Milk 1% Milk
Milk	Mino	Milk	Mino	Mino
Fat Free Chocolate Milk	Misc.	Fat Free Chocolate Milk	Misc.	Misc.
1% Milk Misc.	Turkey Sausage Patty Ketchup Dip Cup	1% Milk Misc.	Cheddar Cheese Sauce	Buttermilk Ranch Dressing Cup
Chicken Gravy	Buttermilk Ranch Dressing Cup	Ketchup Dip Cup		
Ketchup Dip Cup	Oup	Mustard		
BBQ Sauce Dip Cup		Buttermilk Ranch Dressing		
Buttermilk Ranch Dressing		Cup		
Cup		Margarine Cup		
Margarine Cup				
22	23	24	25	26
Entree	Entree	Entree	Entree	Entree
Chicken Nuggets	French Toast	Chicken Pizza Quesadilla	Rotini Pasta with Meat	Bosco Stick, 7"
PB &J Uncrustables with	PB &J Uncrustables with	Assorted Yogurt with	Sauce	PB &J Uncrustables with
Pretzels & String Cheese	Pretzels & String Cheese	Graham Crackers	Assorted Yogurt with Graham Crackers	Pretzels & String Cheese
Vegetables	Vegetables	Vegetables		Vegetables
Corn	Potato Smiles	Baked Beans	Vegetables	Marinara Dip Cup
Grape Tomatoes	Baby Carrots	Celery Sticks	Green Beans	Broccoli Florets
Fruit	Fruit	Fruit	Baby Carrots	Fruit
Sidekicks Frozen Slushie	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Fruit	Apple Slices
Diced Pear Cup	Diced Peach Cup	Fresh Oranges	Applesauce Cup	Assorted 100% Fruit Juice
Grains	Milk	Grains	Assorted 100% Fruit Juice	Milk
Nickels Dinner Roll	Fat Free Chocolate Milk	Graham Crackers	Grains	Fat Free Chocolate Milk
Milk	1% Milk	Milk	Nickels Dinner Roll	1% Milk
Fat Free Chocolate Milk	Misc.	Fat Free Chocolate Milk	Graham Crackers	Misc.
1% Milk	Ketchup Dip Cup	1% Milk	Milk	Buttermilk Ranch Dressing
	Buttermilk Ranch Dressing		Fat Free Chocolate Milk	Cup
Misc.	Cup	Misc.	1% Milk	
Ketchup Dip Cup		Buttermilk Ranch Dressing	Misc.	
BBQ Sauce Dip Cup Buttermilk Ranch Dressing		Cup String Cheese	Buttermilk Ranch Dressing	
Cup		Julia Oliocac	Cup	
Margarine Cup			Margarine Cup	
			String Cheese	
20	20	24		
29	30	31		
	Fusture			
	Entree Hot Dog	Entree Popcorn Chicken		

PB &J Uncrustables with PB &J Uncrustables with Pretzels & String Cheese Pretzels & String Cheese Vegetables **Vegetables Baked Beans** Mashed Potatoes **Baby Carrots** Celery Sticks Fruit Fruit Diced Pear Cup Fresh Oranges Assorted 100% Fruit Juice Assorted 100% Fruit Juice **Grains Grains** Sugar Cookie Nickels Dinner Roll Milk Milk Fat Free Chocolate Milk Fat Free Chocolate Milk 1% Milk 1% Milk Misc. Misc. Ketchup Dip Cup Ketchup Dip Cup Mustard BBQ Sauce Dip Cup **Buttermilk Ranch Dressing Buttermilk Ranch Dressing** Cup Cup

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