

Mammoth Spring School District



MEAL PRICING:

Lunch Full Price	Free
Reduced Lunch Price	Free
Milk Only	N/A

LUNCH Menu

August-December 2019

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Chicken Sandwich, Sandwich Sides, French Fries, Tropical Fruit Option: Mini Cheeseburgers	.Veg. Beef Soup, Crackers, Salad w/Dressing, Fresh Grapes, Option: Grilled Cheese	Open Face Turkey Sand w/Gravy, Mashed Pot., Green Beans, Pears Option: Ham/Ch/EggSand	Tacos, Chips, Salsa, Pinto Beans, Let/Tom, Fresh Orange Option: Taco Burger	Cheese Pizza, Green Peas, Tossed Salad, Dressing, Applesauce Option: PB&J Sandwich
2	Cheeseburger Sandwich Sides, French Fries, Mandarin Oranges Option: Ham/Cheese Egg Sandwich	BBQ Chicken, Steamed Broccoli, Corn, Roll, Fresh Apple Option: PB&J Sandwich	Corn Dog, Veggie Sticks, Baked Beans, Sliced Peaches Option: Grilled Cheese Sandwich	Baked Ham, Mashed Potatoes, Green Peas, Roll, Fresh Pear Option: Mini Cheeseburgers	Cheese Pizza, Tossed Salad, Veggie Sticks, Pineapple Chunks, Ranch Dip Option: PB & J Sandwich
3	Beef Fingers, Mashed Potatoes, Gravy, Orange Glazed Carrots, Tropical Fruit Option: PB & J Sandwich	Hot Ham & Cheese on Bun, Sandwich Sides, Sweet Potatoes, Fries, Fresh Grapes Option: Mini Cheeseburger	Pork Roast, Gravy, Au Gratin Potatoes, Pinto Beans, Roll, Pears Option: Yogurt Parfait	Spaghetti, Tossed Salad w/Dressing, Corn, Fresh Orange Option: Crispito	Pepperoni Pizza, Carrot Sticks, Celery Sticks, Ranch Dressing, Applesauce Option: PB&J Sandwich
4	Chicken Tenders, Mashed Pot., Ketchup, Mandarin Oranges Option: Ham/Ch/Sandwich	Turkey and Cheese Sand., Vegetable Sticks, Ranch, Sandwich Sides, Sweet Pot. Fries Option: Cheeseburger	Beef Nachos, Pinto Beans, Lettuce/Tomato/Salsa, Fresh Apple Option: Taco Burger	Chicken Spaghetti, Corn, Steamed Broccoli, Roll, Fresh Pear Option: Grilled Cheese	Cheese Pizza, Veggies Sticks, Tossed Salad w/Dressing, Pineapple Option: P B & J Sand.

OTHER DAILY SELECTIONS:

DRINKS

FF Chocolate Milk
FF Strawberry Milk
1% White Milk

9-12 FRUIT
Fresh Fruit Offered Daily

Week 1 Salad
Option: NO Salad

Week 2 Salad
Option: Salad Shakers

Week 3 Salad
Option: Chef Salad Shaker

Week 4 Salad
Option: Salad Shaker

NUTRITION BITES:

- Lunch is an important source of key food groups and nutrients including vegetables and protein with a quarter of daily energy coming from lunch¹.
- The intake of dairy products is especially important to bone health during childhood and adolescence, when bone mass is being built.²

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29	30	31				

■ Week 1 Meal Plan
 ■ Week 2 Meal Plan
 ■ Week 3 Meal Plan
 ■ Week 4 Meal Plan

1. NHANES 2011-12 and NHANES 2013-2014.
2. USDA. MyPlate.gov. <http://www.myplate.gov>.