



LUNCH

Breakfast & Lunch are Free



PAY FOR MEALS ONLINE
MySchoolBucks.com

MAY 2022 Cold Springs School

Breakfast offer with choice of 1% white milk.
Lunch offered with choice of 1% or fat free white milk
Or fat free chocolate milk Lactaid milk available upon request
Milk with home lunch costs \$.50(fifty)

Monday

LUNCH

Ham Deli sandwich
Chips, Mixed Veggies,
Fruit

Alt: WG 2ozCereal meal, 4oz juice,
Cheese stick, Fruit

2

Tuesday

LUNCH

Quesadilla Day,
Sour Cream & Salsa,
Corn & beans

Alt: 2oz WG bagel w/cream cheese,
4oz yogurt

3

Wednesday

LUNCH

Spaghetti & Meatballs,
Served with Mixed Veggies &
Fruit

Alt: Pancake meal

4

Thursday

LUNCH

Pizza Thursday,
Cheese Pizza, Caesar Salad
WG Treat

Alt: 4oz Yogurt cup & WG snack
with Caesar Salad

5

Friday

LUNCH

Hot Dogs on
WG Bun, Vegetarian Baked beans &
Fruit

Alt: Deli Sandwich Meal

6

LUNCH

Warm WG Pretzel & Cheese
Served with mixed veggies
Fruit

Alt: WG 2ozCereal meal, 4oz juice,
Cheese stick, Fruit

9

LUNCH

Breakfast for Lunch
Maple Waffles, Sausage, Home Fries,
& Juice

Alt: 2oz WG bagel w/cream cheese,
4oz yogurt

10

LUNCH

**Garlic Butter Noodles &
Chicken Tenders**
Served with Mixed Veggies &
Fruit

Alt: Pancake meal

11

LUNCH

Pizza Thursday,
Cheese Pizza, Veggie sticks
WG Treat

Alt: 4oz Yogurt cup & WG snack
with veggie sticks

12

LUNCH

Burger Day:
Hamburger, Whole Grain roll,
Lettuce, Tomato,
Pickles, chips

Alt: Deli Sandwich Meal

13

LUNCH

Corn Dogs, Baked Beans
Veggies & Fruit

Alt: WG 2ozCereal meal, 4oz juice,
Cheese stick, Fruit

16

LUNCH

Crunchy Taco Day,
Seasoned beef
Lettuce, tomato, Cheese & Salsa,
Corn & beans

Alt: 2oz WG bagel w/cream cheese,
4oz yogurt

17

LUNCH

Asian chicken & rice
Served with Mixed Veggies &
Fruit

Alt: Pancake meal

18

LUNCH

Pizza Thursday,
Cheese Pizza, Caesar Salad
WG Treat

Alt: 4oz Yogurt cup & WG snack
with Caesar Salad

19

LUNCH

Chicken Patty on a
Whole Grain roll,
Lettuce, Tomato,
Pickles, chips

Alt: Deli Sandwich Meal

20

LUNCH

Chicken nuggets
Oven Fries, Mixed Veggies,
Fruit

Alt: WG 2ozCereal meal, 4oz juice,
Cheese stick, Fruit

23

LUNCH

**Mozzarella Sticks &
Marinara**
Veggie Sticks

Alt: 2oz WG bagel w/cream cheese,
4oz yogurt

24

LUNCH

Mac & Cheese
Served with spring veggies &
Fruit

Alt: Pancake meal

25

LUNCH

Pizza Thursday,
Cheese Pizza, veggie sticks
WG Treat

Alt: 4oz Yogurt cup & WG snack
with veggie sticks

26

LUNCH

Fish Sticks Friday
Oven fries, tartar sauce,
& fruit

Alt: Deli Sandwich Meal

27

**No School
Memorial Day**

30

LUNCH

Turkey Deli sandwich
Chips, Mixed Veggies,
Fruit

Alt: 2oz WG bagel w/cream cheese,
4oz yogurt

31

Menu is subject to change.

Morning Pre-k can receive Breakfast from this menu.

Afternoon Pre K can receive Alternative lunch option choice from this menu

School entrée alternative listed on this menu includes Veggies, fruit & milk

This institution is an equal opportunity provider

Breakfast Choices: **Monday:** Muffin Meal, **Tuesday:** Cinnamon Roll, **Wednesday:** Quick Bread
Thursday: WG Pastry, **Friday:** Multi Grain Breakfast Bar: All juice is 100% juice, each breakfast comes
with ½ cup fruit, fruit juice & or milk & All options are made using Whole Grain