












 = New Item
 = Meatless



GRANT'S May Lunch Menu

*Menu Subject to change








<p>MONDAY 5/1 Bosco Cheese Sticks W/ Marinara Baby Carrots Sliced Apples  Or Cheese Quesadilla <i>Fresh Fruit & Salad Bar on the Side</i></p>	<p>TUESDAY 5/2 Baked Mini Corn Dogs Veggie Beans Banana  Or Protein Box + Bagel <i>Fresh Fruit & Salad Bar on the Side</i></p>	<p>WEDNESDAY 5/3 Baked Chicken Nuggets Baked Cross Trax Fries Fresh Grapes  Or Yogurt & Pretzel <i>Fresh Fruit & Salad Bar on the Side</i></p>	<p>THURSDAY 5/4 Taco Bar w/ Seasoned Turkey Meat Flour Tortilla Tasty Refried Beans Peaches Or Hummus Box <i>Fresh fruit & Salad Bar on the side</i></p>	<p>FRIDAY 5/5 Tony's Thin Crust Cheese Pizza Fresh Green Salad w/ Cherry Tomatoes Frozen Fruit Cup  <i>Fresh fruit & Salad bar on the Side</i></p>
<p> MONDAY 5/8 Grilled Cheese Sandwich Fresh Baby Carrots w/ Low Fat Ranch Sliced Strawberries Or Cheese Quesadilla <i>Fresh Fruit & Salad Bar on the Side</i></p>	<p>TUESDAY 5/9 Turkey Pepperoni Pizza Pocket Green Beans Peaches Or Protein Box + Bagel <i>Fresh Fruit & Salad Bar on the Side</i></p>	<p>WEDNESDAY 5/10 Orange Chicken Steamed Brown Rice Steamed Broccoli, Orange Smiles Or Yogurt & Pretzels <i>Fresh Fruit & Salad Bar on the Side</i></p>	<p>THURSDAY 5/11 Chicken Fajita Tostada Boat  Pinto Beans Apple Slices Or Hummus Box <i>Fresh Fruit & Salad Bar on the Side</i></p>	<p>FRIDAY 5/12  Big Daddy Cheese Pizza Fresh Green Salad w/Cherry Tomatoes, Pineapple Tidbits <i>Fresh Fruit & Salad Bar on the Side</i></p>
<p>MONDAY 5/15 Home Style Macaroni & Cheese Sliced Carrots Aloha Roll, Fresh Grapes  Or Cheese Quesadilla <i>Fresh Fruit & Salad Bar on the Side</i></p>	<p>TUESDAY 5/16 Baked Corn Dog Veggie BEANS Orange Smiles  Or Protein Box + Bagel <i>Fresh Fruit & Salad Bar on the Side</i></p>	<p>WEDNESDAY 5/17 Pasta w/ Meat Sauce Fresh Green Salad w/Cherry Tomatoes Aloha Roll, Fresh Pear  Or Yogurt & Pretzel <i>Fresh Fruit & Salad Bar on the Side</i></p>	<p>THURSDAY 5/18 Chicken Taquitos Spanish Rice Fresh Plum  Or Hummus Box <i>Fresh Fruit & Salad Bar on the Side</i></p>	<p>FRIDAY 5/19 Tony's Thin Crust Cheese Pizza, Fresh Romaine Salad cup w/ Cherry Tomatoes Sliced Green Apples  <i>Fresh Fruit & Salad Bar on the Side</i></p>
<p> MONDAY 5/22 Señor Felix Bean & Cheese Burrito  Fiesta Corn Fresh Plum Or Cheese Quesadilla <i>Fresh fruit & Salad Bar on the side</i></p>	<p>TUESDAY 5/23 Cheeseburger on Whole Grain Bun Baked Potato Smiles Fresh Pear Or Protein Box + Bagel <i>Fresh Fruit & Salad Bar on the Side</i></p>	<p>WEDNESDAY 5/24 Brunch For Lunch  Waffle Sticks Turkey Sausage Patty Tater Tots 100% Juice Or Yogurt & Pretzel <i>Fresh Fruit & Salad Bar on the Side</i></p>	<p>THURSDAY 5/25 Taco Salad Boat w/ Seasoned Turkey Taco Meat Tasty Refried Beans Whole Apple Or Hummus Box <i>Fresh Fruit & Salad Bar on the Side</i></p>	<p>FRIDAY 5/26  Big Daddy Cheese Pizza Fresh Green Salad w/ Cherry Tomatoes Frozen Fruit Cup <i>Fresh Fruit & Salad Bar on the Side</i></p>
<p> MONDAY 5/29 NO School Memorial Day!!!</p>	<p>TUESDAY 5/30 Baked Chicken Strips Baked Cross Trax Fries.  Fresh Pear Or Protein Box + Bagel <i>Fresh Fruit & Salad Bar on the Side</i></p>	<p>WEDNESDAY 5/31 BBQ Beef Rib Sandwich Veggie Sticks w/Low Fat Ranch Dressing Cara Cara Orange Smiles or Yogurt & Pretzel <i>Fresh Fruit & Salad Bar on the Side</i></p>	<p>Prices: Elementary Full lunch \$3.00 Elementary reduced lunch \$1.10 Adult lunch \$4.00</p>	<p>Daily milk option 1% low fat milk Nonfat milk Nonfat chocolate milk</p>

Grant's May Breakfast Menu



I live less than 225 miles away, so all of my fruits and vegetables are local!

This institution in an Equal Opportunity Provider

<p>May 1-5 May 15-19 May 30-31</p> <p>MONDAY Coffee Cake <i>Or</i> Cereal w/Graham Crackers</p> 	<p>TUESDAY Biscuit w/ Sausage <i>Or</i> Cereal w/ String Cheese</p> 	<p>WEDNESDAY Breakfast Pizza Bagel <i>Or</i> Cereal w/ Graham Crackers</p> 	<p>THURSDAY Oatmeal w/ Graham Crackers <i>Or</i> Cereal w/ String Cheese</p> 	<p>FRIDAY Zucchini Bread <i>Or</i> Cereal w/ Graham Crackers</p> 
<p>May 8-12 May 22-26</p> <p>MONDAY Banana Bread <i>Or</i> Cereal w/ String Cheese</p> 	<p>TUESDAY Belgian Waffle <i>Or</i> Cereal w/ Graham Crackers</p> 	<p>WEDNESDAY Breakfast Pizza Bagel <i>Or</i> Cereal w/ String Cheese</p> 	<p>THURSDAY French Toast Sticks <i>Or</i> Cereal w/ Graham Crackers</p> 	<p>FRIDAY Build Your Own Yogurt Parfait <i>Or</i> Cereal w/ String Cheese</p> 

PRICES 

Elementary Full Breakfast \$1.50
Elementary Reduced Breakfast \$1.25
Adult Breakfast \$2.25

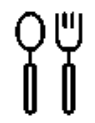
Prepay online at www.myschoolbucks.com

DO YOU KNOW?

You may qualify for CalFresh and/or affordable Health Care Benefits?

Visit Virginia Avenue Park, Tuesdays,
8 am – 5 pm For more information/appointments:
Call 310-458-8688

HEALTHY SERVING IDEAS



CARROTS

- Carrots are the second most popular type of vegetable after potatoes
- There are over 100 species of carrots. Some are big. Some are small and they come in a variety of colors including: orange, purple, white, yellow, and red

PRODUCE TIPS

- Enhance the naturally sweet flavor of carrots by adding a little honey or sugar when cooking.
- When cooking carrots be sure to cut the pieces as close as possible to the same size so that they will cook evenly.
- Peeled carrots will sometimes develop a dry, white coating when being stored. If they seem to be acceptable otherwise, the carrots can be rehydrated by soaking in cold water for a short period of time. This should rid the carrots of the white coating and bring them back to their original color.

DAILY MILK OPTIONS

1% Low-fat Milk
Nonfat Milk
Nonfat Chocolate Milk
My milk is hormone free!!

