

May 2018

Charlo School District 7J

LUNCH



School Information: May 11th – No School
May 13th Mother's Day
May 20th – Graduation
May 24th – Last Day of School 1:00 Release
Have a Safe and Fun Summer



Fitness Tip: MyPlate recommends:

- Children need at least 60 minutes of physical activity every day.
- Be active together as a family.
- Physical activity should be fun and offer variety.



Monday

28

7
Chicken Nachos with Queso
Salad
Veggie
Fruit/Milk

14
Beef Stroganoff
Salad
Veggie
Fruit
Milk

21
Sweet and Sour Meatballs over Rice
Salad
Veggie
Fruit / Milk

28

Tuesday

1
Biscuits and Gravy
Salad
Veggie
Fruit
Milk

8
Tater Tot Casserole
Salad
Veggie
Fruit
Milk

15
Pizza Bake
Salad
Veggie
Fruit
Milk

22
PTA Providing Lunch
Play Day

29

Wednesday

2
Chicken Stir Fry
Salad
Veggie
Fruit
Milk

9
Chili & Cinnamon Rolls
Salad
Veggie
Fruit
Milk

16
Chicken Strips
Salad
Veggie
Fruit
Milk

23
Taco Lasagna
Salad
Veggie
Fruit
Milk

30

Thursday

3
Eggrolls and Rice
Salad
Veggie
Fruit
Milk

10
Chicken Tacos
Salad
Veggie
Fruit
Milk

17
Quesadillas
Salad
Veggie
Fruit
Milk

24
Uncrustables
Salad
Veggie
Fruit
Milk

31

Friday

4
Burgers
Salad
Veggie
Fruit
Milk

11
No School

18
Corn Dogs
Salad
Veggie
Fruit
Milk

25

