

May 2017

Newfields Elementary School

LUNCH



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

Grilled Cheese
Goldfish Crackers
Fresh Fruit

1

Tuesday

Chicken Nuggets
Applesauce
Yogurt

2

Wednesday

Lasagna
Whole Grain Roll
Fresh Fruit

3

Thursday

Chicken Caesar
Salad
Whole Grain Roll
Cheese Stick

4

Friday

NPTO Pizza

5

Meatball Sub
Pretzels
Fresh Fruit

8

Chicken Salad
Sandwich
Pretzels
Fresh Fruit

9

Pasta & Sauce
Whole Grain Roll
Fresh Fruit

10

Chicken Burrito
Taco Chips
Fresh Fruit

11

NPTO Pizza

12

Italian Sub
Pretzels
Fresh Fruit

15

Chicken Patty
Sandwich
Yogurt
Pretzels

16

Mac & Cheese
Broccoli
Fresh Fruit

17

Taco Boat
Nacho Chips
Fresh Fruit

18

NPTO Pizza

19

Turkey/Ham & Cheese
Sandwich
Fresh Fruit
Goldfish Crackers

22

Sloppy Joes
Pretzels
Fresh Fruit

23

Cheese Tortellini &
Sauce
Whole Grain Roll
Fresh Fruit

24

Cheese Quesadilla
Fresh Fruit
Corn

25

NPTO Pizza

26

No School
Memorial Day

29

Meatball Sub
Pretzels
Fresh Fruit

30

Pasta & Sauce
Whole Grain Roll
Fresh Fruit

31

