

May 2016

MASON COUNTY HEAD START Lunch Menu

arbor Management Inc.



	Monday	Tuesday	Wednesday	Thursday	Friday
2	TACO SALAD BROCCOLI BUDS FRUIT CHOICE	3 GRILLED CHEESE GREEN BEANS FRUIT CHOICE	4 WAFFLES & *SAUSAGE POTATO PUFFS FRUIT CHOICE	5 MINI RAVIOLI** BROCCOLI BUDS FRUIT CHOICE	6 HAMBURGER PONY SHOE OVEN FRIES FRUIT CHOICE
9	CHEESEBURGER GREEN BEANS FRUIT CHOICE	10 WALKING TACOS BABY CARROTS FRUIT CHOICE	11 PIZZA DIPPERS W/TOMATO BASIL SAUCE BLACK BEANS FRUIT CHOICE	12 HOT DOG SWEET CORN FRUIT CHOICE	13 CHICKEN NUGGETS** MASHED POTATOES FRUIT CHOICE
16	*BBQ RIB PATTY SANDWICH BAKED BEANS FRUIT CHOICE	17 PIZZA QUESADILLA CELERY STICKS FRUIT CHOICE	18 CHEESY GARLIC FLATBREAD OVEN FRIES FRUIT CHOICE	19 CRISPY CHICKEN SALAD BROCCOLI BUDS FRUIT CHOICE	20 FRENCH TOAST STICKS W/SYRUP POTATO PUFFS FRUIT CHOICE
23	POPCORN CHICKEN POTATO PUFFS FRUIT CHOICE	24 SOFT TACOS GREEN BEANS FRUIT CHOICE	25 WAFFLES & *SAUSAGE W/SYRUP POTATO PUFFS FRUIT CHOICE	<div style="border: 2px solid orange; padding: 10px; display: inline-block;"> <p>Have a safe & fun Summer!</p> </div>	
30		31	<p><i>SUMMER BREAK</i></p>		



Farm Fresh Produce
featuring... **Soybeans**
The protein in Soybeans have all the essential amino acids your body needs, just like animal protein.

EAT A VARIETY OF FOODS.

EAST MORE FRUITS, VEGETABLES & GRAINS.

EAT LOWER FAT FOODS MORE OFTEN.

GET YOUR CALCIUM RICH FOODS.

BE MORE PHYSICALLY ACTIVE.

MILK DAILY
FAT FREE FLAVORED OR
1% WHITE MILK

Questions
Call Mary Hill
Food Service Manager
309-968-6464 X 257

Menu changes may be necessary. Notice will be given when possible.

A comprehensive Nutrition & Allergy Guide is available in the Food Service Office.S

For more information or to "Ask the Dietitian", check out our website!

arbor online
arbormg.com

(*) Contains Pork

(**) Served W/ Bread Slice