

WILLIAMSVILLE CENTRAL SCHOOL DISTRICT

National Military Appreciation Month
STRESS AWARENESS MONTH

NATIONAL BBQ, SALAD & SALSA MONTH
HARVEST OF THE MONTH: RADISH

School Nutrition Employee Week 1-5

High School Menu

Make 1/2 your plate Fruits and Vegetables



MAY 2017



Five Star Nutrition
Five Star Service



Monday, MAY 01
CHICKEN NUGGETS
Crunchy Fries /Roll
Tender Corn/Sweet Pepper
Pears w/Grapes
Amazing Local Fresh Fruit
Choice of FF Choc, 1%
White, Skim white

Tuesday, MAY 02
STUFFED CRUST PIZZA
Veggie Boat/Ranch Dip -
Confetti Bean Salad
Awesome Applesauce Cup
Or Amazing Fresh Fruit
Choice of Milk-FF Choc,
1% White, Skim white

Wednesday, MAY 03
**GOLDEN GRILLED
CHEESE /**
Zesty Tomato Soup
Oven Crunchy Fries
Spinach Salad/Radishes
Chilled Peachy Cup or
Awesome Fresh Fruit
Choice of Milk-FF Chocolate, 1%
white & Skim white

Thursday, MAY 04
**SPAGHETTI W/RICH
THICK MEAT SAUCE**
Baked Eggplant
Cheesy Garlic Bread
Seasoned Broccoli
Frosty Fruit Cocktail
Awesome Fresh Fruit
Choice of Milk-FF Choc, 1%
White, Skim white

Friday, MAY 05
National Lunch Hero Day
GENERAL TSO'S
Steamed Brown Rice
Fresh Crunchy Bok Choy
Green Beans/Fortune Cookie
Pineapple Orange Cup
Niagara County Apples
Choice of Milk-FF Choc, 1%
White, Skim white



Monday, MAY 08
FRENCH TOAST STICKS
Awesome Sweet Potato Fries
Sunshine Orange Juice
Chicken Breakfast Sausage
Apple Sauce
Amazing Local Fresh Fruit
Choice of FF Choc, 1%
White, Skim white

Tuesday, MAY 09
PERSONAL PAN PIZZA
Romaine Salad/Radishes
Chilled Juice
Lemony Green Beans
Chilled Peach Cup
Or Amazing Fresh Fruit
Choice of Milk-FF Choc, 1%
White, Skim white

Wednesday, MAY 10
MEXICALI TACO w/Salsa
Flour or Corn Shell W/G
Lettuce/Tomato/Cheese
Savory Brown Rice/Corn
Strawberry Cup
Amazing Fresh Fruit
Choice of Milk-FF Chocolate, 1%
white & Skim white

Thursday, MAY 11
ROAST TURKEY w/Gravy
Wonderful Dinner Roll
Mashed or Sweet Potato
Broccoli
Homemade Fruit Crisp
Awesome Fresh Fruit
Choice of Milk-FF Choc, 1%
White, Skim white

Friday, MAY 12
**SWEET BABY RAY'S
CHICKEN SLIDER**
Crinkle Cut French Fries
Wild West Baked Beans
Frosty Fruit Cocktail
Niagara County Apples
Choice of Milk-FF Choc, 1%
White, Skim white



LUNCH PRICES

Grades 9-12 Only **\$2.50** Reduced—\$.25
Pre-Paid: 10 L-\$25.00 20 L-\$50.00 and 41 L \$100.00 (1 Free)
Please Make check payable to: **Williamsville Food Services**
PREPAYMENT SYSTEM—myschoolbucks.com
Link also available at www.williamsvillek12.org
Second Lunches \$2.70 9-12



ALSO AVAILABLE DAILY:
(9-12) Menu Lunch, Pizza, Salad Bar,
Chicken Patty Hamburger (T/Th) Sub Bar
Milk Choices-1% & Skim White & Skim Choc.
Available Daily-Mini Carrots, and Apples





MAY 2017

High School Menu



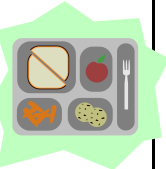
WE SERVE EDUCATION EVERY DAY!!!!





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<p>Monday, MAY 15 CHICKEN O'S Hot Hot Hot Pretzel Seasoned Potato Wedges Caprese Salad Crazy Good Fruit Cup Amazing Local Fresh Fruit Choice of FF Choc, 1% White, Skim white</p>	<p>Tuesday, MAY 16 GOURMET FLATBRED PIZZA Chicken Tortilla Soup Ole! Orange Glazed Carrots Mouthwatering Watermelon Or Amazing Assorted Fruit Choice of Milk-FF Choc, 1% White, skim white</p>	<p>Wednesday, MAY 17 SPAGHETTI/MEAT BALLS Fresh Spring Salad The Incredibles Broccoli Peaches w/Blueberries Or Choice of Fresh Fruit Choice of Milk-FF Choc, 1% White, Skim white</p>	<p>Thursday, MAY 18 CRUN. CHICKEN TENDERS Warm Roll Crunchy Tator Tots Bubbly Baked Beans Pears w/Grapes or Assorted Awesome Fruit Choice of Milk-FF Choc, 1% White, Skim white</p>	<p>Friday, MAY 19 PIZZA FINGER COMBO Seasoned Green Beans Romaine Salad/Radish slices Pineapple Orange Cup Awesome Fresh Fruit Choice of Milk-FF Choc, 1% White, Skim white</p>
<p>Monday, MAY 22 CHICKEN PARM SUB Fresh Crunchy Romaine Salad Healthy Broccoli Peachy Cup Awesome Local Fresh Fruit Choice of FF Choc, 1% White, Skim white</p>	<p>Tuesday, MAY 23 BIG DADDY PIZZA Power UP Spinach salad/ w/ Radishes Green Beans w/Sweet Pepper Fabulous Peach Cup Or Amazing Assorted Fruit Choice of Milk-FF Choc, 1% White, skim white</p>	<p>Wednesday, MAY 24 ROAST CHICKEN/ WAFFLES Seasoned Potato Wedges Glazed Carrots Wonderful Watermelon/ Cookie Or Choice of Fresh Fruit Choice of Milk-FF Choc, 1% White, Skim white</p>	<p>Thursday, MAY 25 MEXICALI TACO w/Salsa Flour or Corn Shell W/G Lettuce/Tomato/Cheese Savory Brown Rice/Corn Strawberry Cup or Crisp Local Apples Choice of Milk-FF Choc, 1% White, Skim white</p>	<p>Friday, MAY 26 GOLDEN GRILLED CHEESE / Zesty Tomato Soup Crunchy Fries/Beanie Salad Amazing Applesauce Awesome Fresh Fruit Choice of Milk-FF Choc, 1% White, Skim white</p>
<p>Monday, MAY 29  MEMORIAL DAY <i>Thank you for your service ...</i>  <i>You will always be remembered!</i></p>	<p>Tuesday, MAY 30 CHICKEN BROCCOLI RICE BAKE/ Biscuit Romaine Salad Farmer Market Radish Boat Peaches w/Blueberries Or Amazing Assorted Fruit Choice of Milk-FF Choc, 1% White, skim white</p>	<p>Wednesday, MAY 31 STUFFED CRUST PIZZA Veggie Boat/Ranch Dip - Confetti Bean Salad Awesome Applesauce Cup Or Amazing Fresh Fruit Choice of Milk-FF Choc, 1% White, Skim white</p>	<p>RADISH NUTRITIONR-very good source of vitamin C – 25% of the daily recommended value – helping to rebuild tissues and blood vessels, & keeping bones and teeth strong. Vit. C fights disease and rescues the cells from an onslaught of destructive free radicals. This is done through electrolytes and natural antioxidant action of this one vitamin, increasing immunity of the body, and helping to fight against all kinds of diseases, including cancer, heart disease, and stroke. Folate, fiber, riboflavin, and potassium, amounts of copper, vit. B6, magnesium, manganese, & calcium are nutrients that support the healthy properties of radishes. It's probably no surprise that radishes contain fiber, aka indigestible carbohydrates. Radishes can also regulate blood pressure, relieve congestion, & prevent respiratory problems such as asthma or bron-</p>	

EAT AN APPLE EVERY DAY!!!!

The Child Nutrition Program purchases local and organic fruits and vegetables whenever possible.