

# WILLIAMSVILLE CENTRAL SCHOOL DISTRICT

National Military Appreciation Month  
STRESS AWARENESS MONTH

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

School Nutrition Employee Week 1-5

## Elementary/Middle Menu

Make 1/2 your plate Fruits and Vegetables

Five Star Nutrition  
Five Star Service



# MAY 2017



**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  
**Breakfast:** Egg Muffin W/  
Milk, fruit / fruit juice

**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  
**Breakfast:** Benefit Bar  
W/Milk, fruit /fruit juice

**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  
**Breakfast:** Pizza  
W/Milk, fruit /fruit juice

**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  
**Breakfast:** Bagel  
W/Milk, fruit/ fruit juice

**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  
**Breakfast:** Mini pancakes  
W/Milk, fruit/ fruit juice



**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  
**Breakfast:** Egg Muffin W/  
Milk, fruit / fruit juice

**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  
**Breakfast:** Benefit Bar  
W/Milk, fruit /fruit juice

**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  
**Breakfast:** Pizza  
W/Milk, fruit /fruit juice

**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  
**Breakfast:** Bagel  
W/Milk, fruit/ fruit juice

**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  
**Breakfast:** Mini pancakes  
W/Milk, fruit/ fruit juice



**NEW LUNCH PRICES:** Grades K-4- Only \$2.20 Reduced—\$.25  
Pre-Paid: 10 L-\$22.00 20 L.\$44.00 and 41 L \$88.00 (1 Free)

**NEW LUNCH PRICES:** Grades 5-8 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](http://www.williamsvillek12.org)  
**Second Lunches \$2.70 5-8**

- Student Breakfast Provides
  - 1/4 of your child's Daily RDA
  - Student Lunch Provides
  - 1/3 of your child's Daily RDA
- We menu two-three nutrient rich Fruit and Vegetable Choices EVERY LUNCH**  
All students who are eligible for free/reduced lunches are eligible for breakfast!



**ALSO AVAILABLE DAILY: (K-4)-  
Menu Lunch, Pizza, PBJ, Yogurt Munchable, Salad, Chix patty MWF Hot Dog- T/Th**  
**AVAILABLE DAILY: (5-8) Menu Lunch, Pizza, Salad, Chicken Patty Hamburger (T/Th) Assort. subs Milk Choices-1% & Skim White & Skim Choc. Available Daily-Mini Carrots, and Apples**

# MAY 2017

## Elementary Middle School Menu

**WE SERVE EDUCATION EVERY DAY!!!!**




WCSD is an equal



opportunity provider



shutterstock · 108545693

<p><b>Monday, MAY 15</b> <b>CHICKEN O'S</b> 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 <b>Breakfast:</b> Egg Muffin W/ Milk, fruit or fruit juice</p>	<p><b>Tuesday, MAY 16</b> <b>FRENCH BREAD PIZZA</b> Chicken Tortilla Soup Ole! Orange Glazed Carrots Mouthwatering Watermelon Or Amazing Assorted Fruit Choice of Milk-FF Choc, 1% White, skim white <b>Breakfast:</b> Benefit Bar W/ Milk, fruit /fruit juice</p>	<p><b>Wednesday, MAY 17</b> <b>SPAGHETTI/MEAT BALLS</b> Fresh Spring Salad The Incredibles Broccoli Peaches w/Blueberries Or Choice of Fresh Fruit Choice of Milk-FF Choc, 1% White, Skim white <b>Breakfast:</b> Breakfast Pizza Or Wafflicious Wed. W/ Milk, fruit / fruit juice</p>	<p><b>Thursday, MAY 18</b> <b>CRUN. CHICKEN TENDERS</b> Warm Roll Crunchy Tator Tots Bubbly Baked Beans Pears w/Grapes or Assorted Awesome Fruit Choice of Milk-FF Choc, 1% White, Skim white <b>Breakfast:</b> Bagel W/Milk, fruit / fruit juice</p>	<p><b>Friday, MAY 19</b> <b>PIZZA FINGER COMBO</b> Seasoned Green Beans Romaine Salad/Radish slices Pineapple Orange Cup Awesome Fresh Fruit Choice of Milk-FF Choc, 1% White, Skim white <b>Breakfast:</b> Mini pancakes W/Milk, fruit / fruit juice</p>
<p><b>Monday, MAY 22</b> <b>CHICKEN PARM SUB</b> Fresh Crunchy Romaine Salad Healthy Broccoli Peachy Cup Awesome Local Fresh Fruit Choice of FF Choc, 1% White, Skim white <b>Breakfast:</b> Egg Muffin W/ Milk, fruit or fruit juice</p>	<p><b>Tuesday, MAY 23</b> <b>BIG DADDY PIZZA</b> 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 <b>Breakfast:</b> Benefit Bar W/ Milk, fruit /fruit juice</p>	<p><b>Wednesday, MAY 24</b> <b>ROAST CHICKEN/ WAFFLES</b> Seasoned Potato Wedges Glazed Carrots Wonderful Watermelon/ Cookie Or Choice of Fresh Fruit Choice of Milk-FF Choc, 1% White, Skim white <b>Breakfast:</b> Breakfast Pizza W/Milk, fruit /fruit juice</p>	<p><b>Thursday, MAY 25</b> <b>MEXICALI TACO w/Salsa</b> 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 <b>Breakfast:</b> Bagel W/Milk, fruit / fruit juice</p>	<p><b>Friday, MAY 26</b> <b>GOLDEN GRILLED CHEESE / Zesty Tomato Soup</b> Crunchy Fries/Beanie Salad Amazing Applesauce Awesome Fresh Fruit Choice of Milk-FF Choc, 1% White, Skim white <b>Breakfast:</b> Mini pancakes W/Milk, fruit / fruit juice</p>
<p><b>Monday, MAY 29</b>  <b>MEMORIAL DAY</b>  <i>Thank you for your service ... You will always be remembered!</i></p>	<p><b>Tuesday, MAY 30</b> <b>CHICKEN BROCCOLI RICE BAKE/ Biscuit Romaine Salad</b> Farmer Market Radish Boat Peaches w/Blueberries Or Amazing Assorted Fruit Choice of Milk-FF Choc, 1% White, skim white <b>Breakfast:</b> Benefit Bar W/ Milk, fruit /fruit juice</p>	<p><b>Wednesday, MAY 31</b> <b>STUFFED CRUST PIZZA</b> Veggie Boat/Ranch Dip - Confetti Bean Salad Awesome Applesauce Cup Or Amazing Fresh Fruit Choice of Milk-FF Choc, 1% White, Skim white <b>Breakfast:</b> Breakfast Pizza W/Milk, fruit /fruit juice</p>	<p>RADISH NUTRITIONR-very good source of vitamin C – 25% of the daily recommended value – helping to rebuild tissues and blood vessels, &amp; 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, &amp; 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, &amp; prevent respiratory problems such as asthma or <a href="#">bron-</a></p>	

EAT AN APPLE EVERY DAY!!!!

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