



June 2017

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 Friday, May 19, 2017
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Noor International Academy Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Cheese Pizza WG (V) (32) Banana 1 ea (34) Garden Salad 1 c (17) Grape Tomatoes 1/4 c (3) Goldfish Crackers WG (28) Milk Choice 8oz	2 *No Lunch Served*
5 Beef Shawerma (HL) 2 oz Pita Bread WG 1 ea Fruit Cocktail 1/2 c (22) Broccoli 1/2 c & Dip. (13) Vegetable Juice 4 oz (13) Milk Choice 8oz	6 Chili Beef and beans (HL) 1 c Sour Cream Pkt Roasted Red Potato (1) 1/2c (20) Corn Bread Loaf WG IW (28) Carrots 1/4 c IW (3) Apple (19) Milk Choice 8oz	7 Mac & Cheese 6 oz (V) (24) Creamy Tomato Soup 1/2c (10) Whole Wheat Crackers 1 pkg Dill Pickle Spears 1/2 c (3) Orange (21) Milk Choice 8oz	8 Cheese Pizza WG (V) (32) Garden Salad w/tom. 1.25 c (19) Apple (19) Milk Choice 8oz	9 *No Lunch Served*
12 Tuna Salad Cup 3 oz IW Hamburger Bun WG Lettuce leaf (2) 1/4 c (2) Cucumber Slices 1/2 c & Dip (4) Mandarin Oranges 1/2 c (13) Fritos (12) Milk Choice 8oz	13 Chicken Kefta Ball 2oz- Gravy Rice Pilaf WG 1/2c (25) Carrot Coins 1/2 c w/dip (10) Hummus 1/4 c ER Apple (19) Milk Choice 8oz	14 Cheeseburger on WG Bun (HL) (33) Potato Wedge 1/2 c w/ketchup (17) Dill Pickle Spears 1/2 c (3) Juice 100%- 4oz (15) Sun Chips (19) Milk Choice 8oz	15 Cheese Pizza WG (V) (32) Rom. & Spinach Salad 1 c (11) Banana 1 ea (34) Grape Tomatoes 1/4 c (3) Chick Peas 1/4 c (20) Milk Choice 8oz	16 *No Lunch Served*
19 Chk Salad w/Wht Bn Sub(HL) Carrot Coins 1/2 c (9) Hummus 1/4 c ER Betty Crocker Choc Bar WG (23) Diced Peaches 1/2 c (19) Milk Choice 8oz	20 *1/2 Day No Lunch*	21 * Closed *	22 * Closed *	23 *No Lunch Served*
26 * Closed *	27 * Closed *	28 * Closed *	29 * Closed *	30 *No Lunch Served*

New: Carb
 Counts included
 in parenthesis ()
 for each item

* Carb counts are estimated
 based on nutrition labels from
 the manufacturer and USDA
 data

*(V) indicates a vegetarian
 entree

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