

# OCEANSIDE MIDDLE SCHOOL MENU

## MAY 2017



| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY   |
|---|---|--|--|--|
| <b>1</b><br>POPCORN CHICKEN<br>TATER TOTS<br>STEAMED CARROTS<br>DICED PEARS   | <b>2</b><br>GRILLED CHEESE<br>WG BREAD<br>OVEN BAKED FRIES<br>MIXED FRUIT CUP   | <b>3</b><br>STRIPS OF FIRE OR<br>MEATBALL HERO<br>STEAMED BROCCOLI<br>APPLESAUCE CUP | <b>4</b><br>MOZZARELLA STICKS<br>SWEET POTATO TOTS<br>GREEN BEANS<br>PEACH CUP           | <b>5</b><br>WG PERSONAL PIZZA<br>PEPPERONI OPTIONAL<br>FRESH GARDEN SALAD<br>FRSH FRUIT  |
| <b>8</b><br>CHICKEN QUESILLAS<br>WITH CHEESE<br>OVEN BAKED FRIES<br>DICED PEARS   | <b>9</b><br>HOT DOG<br>BAKED BEANS<br>OVEN BAKED FRIES<br>PEACHES               | <b>10</b><br>STRIPS OF FIRE OR<br>WG PASTA<br>STEAMED BROCCOLI<br>APPLESAUCE CUP     | <b>11</b><br>TWIN TACOS<br>SALSA/CORN<br>CHEDDAR CHEESE<br>CORN TACOS                    | <b>12</b><br>WG PIZZA SQUARE<br>PEPPERONI OPTIONAL<br>TOSSED SALAD<br>FRESH FRUIT        |
| <b>15</b><br>CHICKEN TENDERS<br>BROWN RICE<br>STEAMED CORN<br>PEACH HALVES  | <b>16</b><br>FRENCH TOAST STICKS<br>SCRAMBLED EGGS<br>SLICED HAM<br>PEARS       | <b>17</b><br>STRIPS OF FIRE OR<br>MEATBALL HERO<br>STEAMED BROCCOLI<br>FRESH FRUIT   | <b>18</b><br>HAMBURGER OR CH<br>BURGER<br>OVEN BAKED FRIES<br>GREEN BEANS<br>MIXED FRUIT | <b>19</b><br>WG PERSONAL PIZZA<br>PEPPERONI OPTIONAL<br>FRESH GARDEN SALAD<br>FRSH FRUIT |
| <b>22</b><br>TERRIAKI CHICKEN BITES<br>SWEET POTATO FRIES<br>GREEN BEANS<br>DICED PEARS   | <b>23</b><br>MOZZARELLA STICKS<br>VEGETABLE SALAD<br>GREEN BEANS<br>MIXED FRUIT | <b>24</b><br>STRIPS OF FIRE<br>OR WG ROTINI<br>GARDEN SALAD<br>APPLESAUCE            | <b>25</b><br>TWIN TACOS<br>SALSA/CORN<br>CHEDDAR CHEESE<br>PEACHES                       | <b>26</b><br>WG PIZZA SQUARE<br>PEPPERONI OPTIONAL<br>TOSSED SALAD<br>FRESH FRUIT        |
| <b>29</b> <br>MEMORIAL DAY<br>SCHOOLS CLOSED | <b>30</b><br>BBQ RIBS<br>SWEET POTATO TOTS<br>GREEN BEANS<br>PEACHES            | <b>31</b><br>STRIPS OF FIRE OR<br>MEATBALL HERO<br>STEAMED BROCCOLI<br>FRESH FRUIT   |  |  |

### WHAT IS A COMPLETE LUNCH?

Take at least 3 out of 5!

A complete lunch consists of at least 3 of the 5 components offered:

1. Meat/Meal Alternate
2. Vegetable
3. Fruit or 100% fruit juice
4. Grain
5. Milk



### ALTERNATIVE ENTREES

#### AVAILABLE MONDAY - FRIDAY

\_CHEF SALAD W/ASSORTED DELI WRAPS  
 PEANUT BUTTER & JELLY  
 CHEESE SANDWICH  
 TUNA SANDWICH  
 YOGURT PARFAIT WITH WHOLE GRAIN ROLL  
 WHOLE WHEAT PIZZA  
 GRILLED CHICKEN CAESAR SALAD W/ WHOLE WHEAT BREADSTICK

#### AVAILABLE WEDNESDAYS

MEATBALL HERO

#### AVAILABLE FRIDAYS

SPICY CHICKEN QUESADILLA

### DID YOU KNOW...? LUNCH IS A MEAL!

Kids who take sides, eating fruits & veggies with their entrée, are more satisfied and have more energy to get through a busy day!

### STUDENT LUNCH IS \$2.75

The school lunch office can be reached at 516-678-7548  
 Online Payments & Account Information is available at [www.myschoolbucks.com](http://www.myschoolbucks.com)