

# OCEANSIDE MIDDLE SCHOOL MENU

## MAY 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> GRILLED CHEESE WG BREAD STEAMED CARROTS APPLE SLICES	<b>2</b> STRIPS OF FIRE WG ROTINI TOSSED SALAD PEAR SLICES	<b>3</b> HAMBURGER OR CHEESEBURGER OVEN FRIES SWEET CORN MIXED FRUIT	<b>4</b> WG STUFFED PIZZA PEPPERONI OPTIONAL FRESH GARDEN SALAD FRESH FRUIT
<b>7</b> TERYAKI CHICKEN MASHED POTATOES SWEET CORN DICED PEARS	<b>8</b> MEATBALL HERO OVEN BAKED POTATOES STEAMED CORN APPLE SLICES	<b>9</b> STRIPS OF FIRE WG PENNE GARDEN SALAD PEACH	<b>10</b> TWIN TACOS SALSA/CORN CHEDDAR CHEESE CORN TACOS MIXED FRUIT	<b>11</b> WG PIZZA SQUARE PEPPERONI OPTIONAL TOSSED SALAD APPLESAUCE
<b>14</b> CHICKEN NUGGETS SWEET POTATO PUFFS GREEN BEANS SLICED PEACHES	<b>15</b> ALL BEEF HOT DOG VEGETARIAN BAKED BEANS TATER TOTS APPLESAUCE	<b>16</b> STRIPS OF FIRE WG MAC & CHEESE TOSSED SALAD MIXED FRUIT	<b>17</b> HAMBURGER OR CHEESEBURGER OVEN FRIES SWEET CORN DICED PEARS	<b>18</b> WG PIZZA SLICE PEPPERONI OPTIONAL FRESH GARDEN SALAD ORANGE SLICES
<b>21</b> POPCORN CHICKEN TATER TOTS GREEN BEANS PEACH CUP	<b>22</b> GRILLED CHEESE WG BREAD OVEN BAKED FRIES APPLE SLICES	<b>23</b> STRIPS OF FIRE PENNE PASTA GARDEN SALAD PEARS	<b>24</b> TWIN TACOS SALSA/CORN CHEDDAR CHEESE CORN TACOS MIXED FRUIT	<b>25</b> WG PIZZA SQUARE PEPPERONI OPTIONAL TOSSED SALAD APPLESAUCE
<b>28</b>  SCHOOLS CLOSED	<b>29</b> MEATBALL HERO TATER TOTS STEAMED CORN APPLESAUCE	<b>30</b> STRIPS OF FIRE WG ROTINI TOSSED SALAD PEAR SLICES	<b>31</b> HAMBURGER OR CHEESEBURGER OVEN FRIES SWEET CORN MIXED 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)