# Quitman School District 

 May 2024 Menu

Adult Meal Prices: Breakfast-\$2.40 Lunch-\$4.25 All Students eat for free.


| Monday | Tuesday ${ }^{\text {a }}$ Wednesday | Thursday | Friday |
| :---: | :---: | :---: | :---: |
| Lunch has 5 items: <br> 1. meat/protein <br> 2. bread/grain <br> 3. fruit <br> 4. vegetable <br> 5. milk <br> Students must choose at least 3 food items 1 of those must be a fruit or a vegetable. <br> A variety of milk is served at every meal |  | 2 <br> Breakfast Bagel <br> Chicken Fajitas <br> Patty Melt <br> Tomatoes w/dip <br> Green Beans Apple <br> Fruit Juice |  |
| 6 <br> Pancake on a stick <br> Spaghetti with Meat Sauce Grilled Chicken Sandwich Glazed Carrots <br> Black-eyed peas Strawberries Peaches Roll | 7 8 <br> Mini Cinnis Breakfast Pizza <br> Chicken Nuggets Chicken Patty Sandwich <br> Turkey \& Cheese Wrap Manager's Choice <br> Mashed potatoes w/gravy Seasoned Pinto Beans <br> Green Peas Broccoli w/cheese <br> Applesauce Pineapple Tidbits <br> Fruit Juice Fruit Juice <br> Roll  | $9$ <br> Breakfast Burrito <br> Nacho Supreme Country Fried Steak Sandwich Cucumbers w/dip Sweet Potato Fries Apple Fruit Juice |  |
| 13 <br> Pancakes <br> Steak Fingers <br> Turkey \& Cheese Wraps Green Beans <br> Glazed Carrots <br> Blushing Pears Fruit Juice Garlic Toast | 14 15 <br> Frudel <br> Sloppy Joe <br> Chicken Salad Croissant <br> Black-eyed peas <br> Fruit Cocktail BBQ Chicken Sandwich <br> Fruit Juice <br> Fish Sandwich <br> Potato Salad <br> Turnip Greens  <br> Pruit Juice  | 16 Breakfast Bagel Cheesey Chicken over Rice Ham \& Cheese Wrap Broccoli w/dip Summer Squash Mandarin Oranges Fruit Juice Garlic Toast | $17$ <br> Sausage Biscuit <br> Pizza <br> Chef Salad <br> Garden salad <br> Whole Kernel Corn <br> Pineapple Tidbits Fruit Juice <br> Congrats Class of 2024! |
|  | 21 22 <br> Muffin \& Yogurt <br> Preakfast Bread <br> Hamburger <br> Manager's Choice <br> Garden Salad <br> Mixed Vegetables <br> Peaches <br> Fruit Juice French Fries <br> Pinto Beans <br> Blushing Pears <br> Fruit Juice |  |  |
| $27$ | $\begin{aligned} & { }^{28} \text { yOUr Summer } \\ & \text { bMeak! } \end{aligned}$ | 30 <br> Tips for a Healthy Summer: <br> Move more, sit less, drink plenty of water, wear sunscreen, eat delicious fruits and vegetables, \& stay cool! |  |

