

ENFIELD STATION SCHOOL

MAY 2019

Monthly Average of Nutrients: Calories 657, Sodium 1004 mg, Total Fat 26.8% & Sat Fat 7.1%. Essential grains & breadings are 51% or more whole grain. Skim, 1% white, FF-choc, & strawberry milk flavors. Sandwich choices offered daily. Menus are subject to change w/o notice.

Monday



Tuesday



Wednesday

Thursday

Friday

Fish Nuggets **1**
Cornbread
Buttered Noodles
Spinach / Carrots
Orange Pineapple Mix
Bkfst: Cinnamon Bun & cheese stick

BBQ Pork Sandwich **2**
Baked Beans
Seasoned Squash
Fresh Apples
Bkfst: French Toast Sticks

Fresh Crust Pizza **3**
Cole Slaw
Celery Sticks & Dip
Fruit Cocktail
Bkfst: Yogurt & Muffin

Chicken Nuggets **6**
Anadama Bread
Sweet Potato Fries
Peas
Applesauce
Bkfst: Sausage Breakfast Pizza

Hamburger & Bun **7**
Tater Tots
Roasted Corn
Lettuce & tomato slices
Pears
Bkfst: Egg & Ham Combo Bar

Turkey Deli Sandwich **8**
Pasta Salad/Lettuce & tomato
Black Bean Salad
Baked Potato Chips
Fruit Cocktail
Bkfst: Scrambled Egg & Toast

Creamy Chicken Alfredo **9**
& Noodles
Caesar Salad w/Croutons
Green beans / Peaches
Bkfst: Pancake on a Stick

Fresh Pizza **10**
Broccoli & Cheese Sauce
Carrot Sticks
Grapes
Bkfst: Banana Bread

Hot Chicken Sandwich **13**
M. Potato & Gravy
Seasoned Squash
Cranberry Sauce
Peaches
Bkfst: Sausage Breakfast Pizza

Deli Ham Sandwich **14**
Potato Wedges
Celery & Cucumber sticks
Banana
Bkfst: Yogurt & Crackers

Spaghetti & Meat Sauce **15**
Bread Stick /Green Beans
Seasoned Peas
Pears
Bkfst: Hearty Cookie & cheese stick

Grilled Cheese Sandwich **16**
Tomato Soup
Crackers
Vegetable Sticks
Applesauce
Bkfst: French Toast Sticks

Fresh Crust Pizza **17**
Garden Fresh Salad
Chick-Pea Salad
Carrot Sticks
Fruit Cocktail
Bkfst: Egg & Cheese breakfast wrap

Tacos & Fixin's **20**
Rice Pilaf
Seasoned Corn
Black Beans / Salsa
Peaches
Bkfst: Sausage Breakfast Pizza

Chicken Wrap w/
Cheese & Ranch **21**
Pasta Salad / Garden Salad
Roasted Chick-Peas
Fresh Apples
Bkfst: Egg & Ham Combo Bar

Chicken Burgers **22**
Plain or Spicy
Potato Wedges
Mixed Vegetables
Fruit Cocktail
Bkfst: Scrambled Egg & Toast

Fresh Pizza **23**
Garden Greens Salad
Celery Sticks & Dip
Pears
Bkfst: Yogurt & Muffin

Egg Mc-Howler **24**
Hash-Brown Potato
Veggie Sticks & Dip
Orange Wedges
Bkfst: P/B Uncrustable

 **27**

Warm Pancakes & Syrup **28**
Sausage Patty
Hash-Brown Potato
Carrot sticks
Watermelon
Bkfst: Sausage Breakfast Pizza

Creamy Macaroni & Cheese **29**
Steamed Broccoli
Seasoned Peas
Strawberry/Blueberry Cup
Bkfst: Bagel & Cream Cheese

Fish Nuggets **30**
Anadama Bread
M. Potato & Gravy
Carrots & Green Beans
Applesauce
Bkfst: French Toast Sticks

Calzones & Dipping **31**
Sauce
Caesar Salad & Croutons
Veggie Sticks
Pears
Bkfst: Banana Bread

Enfield Station School offers the Community Eligibility Provision program which allows us to provide **free breakfast and lunch** to all enrolled students. Students are required to take 3 of the 5 food groups/components offered, one must be a fruit or vegetable. ESS was awarded the Fresh Fruit & Vegetable Grant and provides fresh snacks two to three days per week at morning break.

"This institution is an equal opportunity provider"