

Welcome to our Lunch Cafe at...

Lexington Estabrook Elementary

May 2018

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



1 - Pasta & Meat Sauce 🍝
 Meatball Hero 🍷
 All With Garlic Bread
And
 Fresh Melon Cup
And
 Steamed Broccoli
 Marinara Sauce Available
 Vegetarian

2 - 1 - Chicken Bowl with Cheese
popcorn chicken layered with mashed potatoes and corn, covered in cheese 🍷
 2 - Turkey & Cheese Sandwich
All With
 Snap Peas
And
 Honeydew and

Half Day
 No Lunch

4 - 1 - Beef and Cheese Quesadilla
melted cheese with homemade fiesta beef folded inside a grilled tortilla
 2 - Cheese Quesadilla 🍷
All With
 Sweet Potato Fries
And
 Fresh Orange
 Or Cinnamon Applesauce

7 - 1 - Baked Chicken Tenders
crispy chicken tenders perfect for dipping in your favorite sauce
 2 - Garden Salad with Hard Boiled Eggs & Dinner Rolls 🍷
All With
 Oven Baked Fries
And
 Fresh Fruit Cup

8 - 1 - Nachos Grande 🍷
 2 - Ham & Cheese Bagel Melt 🍷
All With
 Mexican Style Rice 🍷
 And Black Beans
And
 Fresh Banana

9 - 1 - French Toast 🍷
 With Turkey Sausage Patty
 2 - Apple Cinnamon Smoothie 🍷
All With
 Celery & Carrot Sticks w/ Low Fat Dressing
And
 Fresh Apple
 Or Fresh Green Grapes

Half Day
 No Lunch

11 - 1 - Cheese Pizza 🍷
 2 - Buffalo Chicken Pizza 🍷
All With
 Tomato Salad
Or
 Celery Sticks
 And Pear and Pineapple Cup

14 - 1 - Chicken Parmesan Sandwich
warm chicken patty smothered in tomato sauce, topped with melted cheese assembled in-house on a roll
 2 - Chicken Caesar Wrap 🍷
All With
 Sweet Potato Puffs
And

15 - 1 - Burger
burger on a freshly toasted bun
 2 - Cheeseburger
All With
 Celery & Carrot Sticks w/ Low Fat Dressing
And
 Fresh Fruit Cup
 Or Fresh Banana
 Veggie Burger Available

16 - 1 - General Tso's Chicken Rice Bowl 🍷
 Chicken Caesar Salad 🍷
All With
 Cinnamon & Honey Roasted Beans
And
 Fresh Blueberries
 Or Cinnamon Applesauce

Half Day
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18 - 1 - Fluffy Pancakes 🍷
 With Bacon
 2 - Bacon, Egg and Cheese Breakfast Sandwich 🍷
All With
 Hash Brown Potatoes
And
 Fresh Fruit Cup
 * Vegetarian Egg and Cheese
 Breakfast Sandwich Available

21 - 1 - Chicken Nuggets
 2 - Balsamic Glazed Vegetable Sandwich 🍷
All With
 Sweet Potato Puffs
And
 Honeydew and Cantaloupe Cup

22 - 2 - Crispy Chicken Sandwich
 2 - Chef Salad
fresh lettuce topped with sliced deli meats and cheeses 🍷
All With
 Celery Sticks
 Or Baby Carrots
And
 Pear and Pineapple Cup

23 - 1 - Steamed Dumplings
stuffed dumplings perfect for dipping in your favorite Asian sauce 🍷
 With Vegetable Fried Rice
 2 - Turkey BLT Wrap 🍷
All With
 Steamed Broccoli
And
 Fresh Banana

Half Day
 No Lunch

25 - 1 - Cheese Pizza 🍷
 2 - Meatball Pizza 🍷
All With
 Garden Salad
And
 Strawberry Cup
 Or Diced Peaches

NO SCHOOL
 HOLIDAY

29 - 1 - Cheeseburger Mac & Cheese
steamy pasta enrobed in a creamy cheddar cheese sauce mixed with seasoned ground meat prepared in-house 🍷
 2 - Stuffed Bread Sticks 🍷
All With
 Green Beans
And
 Orange and Pineapple

30 - 1 - Mozzarella Sticks 🍷
 2 - Turkey Ranch Wrap 🍷
All With
 Oven Baked Fries
And
 Fresh Grapes
 Or Honeydew and Cantaloupe Cup

Half Day
 No Lunch

We proudly support clean, organic local and sustainable agriculture.

SIMPLY ROOTED™ in food and family

We offer a variety of balanced choices to satisfy the needs of customers. This is because we are Simply Rooted™ in food and family and we care about our young customers. Our ingredients are locally sourced, all natural, and organic or non-GMO, whenever possible.



BREAKFAST AVAILABLE

DAILY

Breakfast Price - \$2.00

Reduced price - \$.30

OPTIONAL MEATLESS BREAKFAST

ENTREES AVAILABLE DAILY

Apple cinnamon or blueberry whole grain muffin or whole grain bagel with cream cheese

LUNCH

VEGETARIAN 🍷 MADE WITH NATURAL INGREDIENTS 🍷 PORK 🍷 VEGAN 🍷 MADE WITH ORGANIC INGREDIENTS 🍷

OPTIONAL MEATLESS LUNCH ENTREES AVAILABLE

DAILY

3. Bagel Fun Lunch

Whole grain bagel, cream cheese, choice of yogurt or string cheese

4. Fruit and Yogurt Parfait

Organic yogurt layered with assorted fruits and topped with organic granola

5. Grilled Cheese Panini

Whole wheat panini bread stuffed with American cheese then oven toasted

ALL ENTREES SERVED WITH CHOICE OF FRUITS, VEGETABLES AND

*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. Menu is subject to change, notice posted when available. This institution is an equal opportunity provider.