



Slinger Middle School

May - 2018

"A Tradition in Excellence"



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Full lunch with one half pint of milk = \$2.75 extra milk .35
A la Carte sandwiches and entrees = \$2.10 - \$2.25
Fresh Salad Bar offered daily-available to all lunches
Varieties of Fruits and Vegetables offered with all meals

Available Daily - Grab and Go Meal Deals
Turkey & Cheese Sub, PBJ Grab Bag, Yogurt Cup & Fruit Bread

<p>Tasty Tip</p> <p>May 17 is National Walnut Day!</p> <p>Walnuts are good for your heart and your brain. They are rich in healthy fats, including omega-3 essential fatty acids. Enjoy in moderation - an ounce (about 14 halves) contains 185 calories and 4 g of protein. To maintain freshness, store in the refrigerator or freezer.</p>	<p style="text-align: right;">1</p> <p>Café Baked Or Spicy Chicken Tenders Mashed Potatoes/Gravy Glazed Carrots Pineapple Tidbits Owl's Nest Hamburger or Cheeseburger Curly Fries Orange Wedges The Nook Big Daddy Primo Pizza Applesauce Cup/Juice Mini Carrots</p>	<p style="text-align: right;">2</p> <p>Café Noodle Bowl w/ Orange Chicken Or Teriyaki Chicken w/Asian Veggies Tropical Fruit Cup Fortune Cookie Owl's Nest Breaded or Spicy Chicken Sandwich Bag of Chips Salad & Apple The Nook Baked Mozzarella Sticks w/Marinara Sauce Applesauce Cup/Juice Mini Carrots</p>	<p style="text-align: right;">3</p> <p>Café Yogurt Bar w/Fruit Toppings Dunkin Stix Sausage Patty Diced Potatoes O'Brien Owl's Nest Chicken Slider Tator Tots Baby Carrots Banana or Juice Cup The Nook Double Stuffed Cheese Pizza Applesauce Cup/Juice Mini Carrots</p>	<p style="text-align: right;">4</p> <p>Café Garlic Cheese Bread Italian Green Beans Fresh Salad Bar Sliced Pears Owl's Nest Bahn Mi Sandwich Bag of Chips Fresh Veggies & Fruit Cup The Nook Stuffed Pepperoni Pizza Applesauce Cup/Juice Mini Carrots</p>
<p style="text-align: right;">7</p> <p>Café Wild Mike's Cheese Or Pepperoni Pizza Slice Fresh Salad Bar Choice of Fresh Fruit Owl's Nest Breaded or Spicy Chicken Sandwich Bag of Doritos Seasoned Corn Pineapple Chunks The Nook Pepperoni Calzone Applesauce Cup/Juice Mini Carrots</p>	<p style="text-align: right;">8</p> <p>Café BYO Taco w/ Soft Shells Seasoned Rice Choice of Beans Sliced Pears Apple Strudel Bite Owl's Nest Hamburger or Cheeseburger Curly Fries Fruit Cup The Nook Big Daddy Primo Pizza Applesauce Cup/Juice Mini Carrots</p>	<p style="text-align: right;">9</p> <p>Café Pasta with Chicken Alfredo Or Meat Sauce Italian Seasoned Broccoli Bosco Cheese Stick Sliced Peaches Owl's Nest Breaded or Spicy Chicken Sandwich Bag of Chips Frozen Fruit Cup The Nook Rip it, Dip it Appetizer Plate Applesauce Cup/Juice Mini Carrots</p>	<p style="text-align: right;">10</p> <p>Café Popcorn Chicken Ranch Mashed Taters Steamed Corn Fruit Cup Owl's Nest Cowboy Burger Onion Rings Baked Beans Fresh Apple The Nook Personal Pan Pizza Applesauce Cup/Juice Mini Carrots</p>	<p style="text-align: right;">11</p> <p>Café French Toast w/ Syrup Cheezy Egg Omelet Sausage Patty Strawberry & Cream Cup Owl's Nest Rice Bowl with Orange Chicken Egg Roll Broccoli & Carrots Pineapple Tidbits The Nook Chicago Style Pizza Applesauce Cup/Juice Mini Carrots</p>

<p style="text-align: right;">14</p> <p>Café Sloppy Joe w/ Bun Or Mini Corn Dogs Baked Beans Sweet Potato Fries Frozen Fruit Sorbet Cup Owl's Nest Breaded or Spicy Chicken Sandwich Bag of Chips Pears/Juice Cup The Nook Stuffed Crust Pepperoni Pizza Applesauce Cup/Juice Mini Carrots</p>	<p style="text-align: right;">15</p> <p>Café Chicken Nuggets Mashed Potatoes & Gravy Roasted California Blend Veggies Sliced Peaches Owl's Nest Hamburger or Cheeseburger French Fries Fresh Fruit The Nook Big Daddy Primo Pizza Applesauce Cup/Juice Mini Carrots</p>	<p style="text-align: right;">16</p> <p>Café Pasta Bar with Meat Sauce Or Chicken Alfredo Italian Green Beans Bosco Stick Sliced Pears Owl's Nest Shredded BBQ Pork/Bun Bag of Chips Fresh Veggies & Fruit The Nook Garlic Cheese Bread Applesauce Cup/Juice Mini Carrots</p>	<p style="text-align: right;">17</p> <p>Café Chipotle Mayo or Cranberry Orange Mayo Crispy Chicken/Bun Diced Potatoes O'Brien Steamed Broccoli Fresh Apple Slices Owl's Nest Chicken Sliders French Fries Baby Carrots Banana/Juice Cup The Nook "NEW" Wild Mike's Cheese Bites w/Dipping Sauces Applesauce Cup/Juice Mini Carrots</p>	<p style="text-align: right;">18</p> <p>Café Mozzarella Sticks w/Marinara Sauce Sweet Potato Fries Frozen Slushie Cup Owl's Nest Chicken & Waffles Tator Tots Warm Cinnamon Apples 100% Juice Cup The Nook Pepperoni Garlic Cheese Bread Pizza Applesauce Cup/Juice Mini Carrots</p>
<p style="text-align: right;">21</p> <p>Café Wild Mikés Cheese or Pepperoni Pizza Salad Bar Cinnamon Apples Owl's Nest Crispy Chicken Sandwich Bag of Chips The Nook Pepperoni Calzone</p>	<p style="text-align: right;">22</p> <p>Café Nacho Grande or Mini Quesadilla (3) Bag of Tortilla Chips Mexican Rice Refried Beans Pineapple Orange Cup Owl's Nest Corn Dog French Fries Baked Beans The Nook Big Daddy Primo Pizza</p>	<p style="text-align: right;">23</p> <p>Café Toasted Meatball or Ham,Turkey & Cheese On a Sub Roll Baked Potato Wedges Fresh Veggies & Dip Banana Owl's Nest Breaded or Spicy Chicken Sandwich Fresh Veggies Choice of Fruit The Nook Double Stuffed Pizza</p>	<p style="text-align: right;">24</p> <p>Café Ranch Flavored Mashed Potatoes Breaded Chicken Smackers Steamed Broccoli Sliced Peaches Owl's Nest Supreme Beef Burger French Fries Frozen Fruit Cup The Nook Personal Pan Pizza</p>	<p style="text-align: right;">25</p> <p>Café Pancake and Sausage Tator Tots 100% Juice Cup Fruit Cup Owl's Nest Ham,Turkey Bacon Wrap Bag of Chips Pineapple Tidbits The Nook Chicago Style Pizza</p>
<p style="text-align: right;">28</p> <p>NO SCHOOL</p> <p>Memorial Day Remember those who served for our Country</p>  <p>*Menu Subject to Change * This institution is an equal opportunity provider</p>	<p style="text-align: right;">29</p> <p>Café Mini Corn Dogs or BBQ Rib Sandwich Baked Beans/Fries Sliced Pears 100% Juice Cup Owl's Nest Breaded or Spicy Chicken Patty/Bun Bag of Chips Blue Raspberry Sorbet The Nook Stuffed Crust Pepperoni Pizza</p>	<p style="text-align: right;">30</p> <p>Café Chicken Nuggets Cheesy Garlic Mashed Potatoes & Corn Niblets Pineapple Chunks Breadstick Owl's Nest Hamburger or Cheeseburger/Bun Potato Gems Baked Beans Fresh Veggies & Fruit The Nook Big Daddy Primo Pizza</p>	<p style="text-align: right;">31</p> <p>Café Popcorn or Teriyaki Chicken w/sauce Asian Veggies & Rice Egg Roll Tropical Fruit Cup Owl's Nest Crispy Chicken Sandwich Bag of Chips Banana The Nook Fiestada Pizza</p>	<p style="text-align: right;">June 1</p> <p>Café Garlic Cheese Bread Sweet Potato Fries Salad Bar Sliced Peaches Owl's Nest Caprese Turkey Ciabatta Cup of Mac & Cheese Salad Bar & Fruit The Nook Beef Bean Burrito w/Rice Tropical Fruit Cup</p>