

May 2023 KCAL/CHO Lunch Menu—Elementary School

Frozen Fruit Cups

Strawberry 160/42
 Peach 80/19
 Mixed Berry 90/20
 Froot Jooce 90/22
 Tangerine Dragon 90/22
 Cherrymojo Froot Jooce 90/22

Fresh Fruit

Large Apple: 130/34
 Petite Banana: 87/24
 Naval Orange: 80/20
 Wild Blueberry Cups: 35/8
 Blood Oranges: 70/16
 Local Strawberries: 25/6

Other Fruit:



Craisins 110/27
 Raisins 120/29
 Applesauce Cup 125/29
 Sliced Peaches 60/14
 Dried Cranberries 110/28
 Mixed Fruit 60/17
 Diced Pears 48/13
 Apple Slices 30/7
 Cherry Fruit Gel: 90/22
 Orange Fruit Gel: 70/18
 Strawberry Fruit Gel: 80/19

Milk

Chocolate: 120/20
 Strawberry: 110/19
 1% White: 110/19
 Skim: 90/13
 Lactose Free: 90/13
 Soy: 150/21

Yogurt Bowl Options:

4oz Yogurt (Strawberry, Peach, Cherry Vanilla, Strawberry Banana): 90/19
 Cheese Stick: 168/2
 Granola: 87/13
 Goldfish (Cheddar, Colors, Mickey)

Monday, May 1	Tuesday, May 2	Wednesday, May 3	Thursday, May 4 STAR WARS DAY!	Friday, May 5 Cinco De Mayo
<p>Entrée: Build Your Own Popcorn Chicken Bowl 284/18 (Popcorn Chicken)</p> <p>Corn Dog 240/30</p> <p>Vegetables: Mashed Potatoes 70/14 Steamed Corn 89/17</p>	<p>Entrée: Pepperoni Pizza 296/29 Cheese Pizza 321/29</p> <p>Vegetables: Green Beans 25/4 Mixed Cali Veggies 43/6</p>	<p>Entrée: Mandarin Orange Chicken 160/12 w/Rice 196/43</p> <p>Chicken & Vegetable Dumplings 252/33</p> <p>Vegetables: Steamed Broccoli 19/3 Glazed Carrots 51/9</p>	<p>Entrée: Hamburger 240/26 Cheeseburger 274/27</p> <p>Chicken Nuggets 237/16 w/Roll 180/34</p> <p>Vegetables: Tater Tots 110/17 Fresh Veggie Cup 18/4</p>	 <p>Entrée: Loaded Nachos 266/25</p> <p>Chicken Pizza Quesadilla 280/38</p> <p>Vegetables: Black Beans 108/20 Fajita Veggies 44/10</p>
Monday, May 8	Tuesday, May 9	Wednesday, May 10	Thursday, May 11	Friday, May 12
	<p>Entrée: Loaded Nachos 266/25 Mini Corndogs 249/30</p> <p>Vegetables: Black Beans 108/20 Steamed Corn 89/17</p>	<p>Entrée: Crispy Oven Fried Chicken 220/6 Biscuit: 190/25</p> <p>Cheese Dippers 404/32 w/Marinara 16/2</p> <p>Vegetables: Sweet Potato Fluff 156/35 Green Beans 25/4</p>	<p>Entrée: Manager's Choice Entrée (See manager for daily menu)</p> <p>Vegetables: Manager's Choice Veggie (See manager for daily menu) Baby Carrot Snack Packs 30/7</p>	<p>Entrée: Pepperoni Pizza 296/29 Cheese Pizza 321/29</p> <p>Fish Sandwich 280/39</p> <p>Vegetables: Potato Smiles 163/25 Fresh Cucumber Cup 11/3</p>
Monday, May 15	Tuesday, May 16	Wednesday, May 17	Thursday, May 18	Friday, May 19
<p>Entrée: Mac & Cheese 299/32 w/Roll 180/34</p> <p>Grilled Cheese 231/34</p> <p>Vegetables: Fresh Broccoli Cup 9/2 Steamed Carrots 40/9</p>	<p>Entrée: Loaded Nachos 266/25</p> <p>Chicken Pizza Quesadilla 280/38</p> <p>Vegetables: Black Beans 108/20 Steamed Corn 89/17</p>	<p>Entrée: Chicken Fillet Sandwich 380/39</p> <p>Pepperoni & Cheese Calzone 270/33</p> <p>Vegetables: Potato Wedges 133/19 Baby Carrots 30/7</p>	<p>Entrée: BBQ Pulled Pork Sandwich 294/23</p> <p>Hot Dog 280/33</p> <p>Vegetables: Cole Slaw 191/9 Green Beans 25/4</p>	<p>Entrée: Pepperoni Pizza 296/29 Cheese Pizza 321/29</p> <p>Fish Sandwich 280/39</p> <p>Vegetables: Potato Smiles 163/25 Fresh Veggie Cup 18/4</p>
Monday, May 22	Tuesday, May 23	Wednesday, May 24	Thursday, May 25	Friday, May 26
<p>Entrée: Build Your Own Popcorn Chicken Bowl 284/18 (Popcorn Chicken)</p> <p>Corn Dog 240/30</p> <p>Vegetables: Mashed Potatoes 70/14 Steamed Corn 89/17</p>	<p>Entrée: Loaded Nachos 266/25</p> <p>Chicken Pizza Quesadilla 280/38</p> <p>Vegetables: Black Beans 108/20 Steamed Carrots 40/9</p>	<p>Entrée: Hamburger 240/26 Cheeseburger 274/27</p> <p>Chicken Nuggets 237/16 w/Roll 180/34</p> <p>Vegetables: Tater Tots 110/17 Mixed Cali Veggies 43/6</p>	<p>Entrée: Mandarin Orange Chicken 160/12 w/Rice 196/43</p> <p>Chicken & Vegetable Dumplings 252/33</p> <p>Vegetables: Steamed Broccoli 19/3 Glazed Carrots 51/9</p>	<p>Entrée: Pepperoni Pizza 296/29 Cheese Pizza 321/29</p> <p>Fish Sandwich 280/39</p> <p>Vegetables: Green Beans 25/4 Fresh Veggie Cup 18/4</p>
Monday, May 29	Tuesday, May 30	Wednesday, May 31		
	<p>Entrée: Loaded Nachos 266/25 Mini Corndogs 249/30</p> <p>Vegetables: Black Beans 108/20 Steamed Corn 89/17</p>	<p>Entrée: Crispy Oven Fried Chicken 220/6 Biscuit: 190/25</p> <p>Cheese Dippers 404/32 w/Marinara 16/2</p> <p>Vegetables: Sweet Potato Fluff 156/35 Baby Carrots 30/7</p>		

Cabarrus County Schools



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