

EAST COWETA MIDDLE

May Lunch Menu

Menus are subject to change w/out notice

<p>Monday – May 1</p> <p>French Bread Pizza Or Shrimp Poppers & Hush Puppies Tartar Sauce Or Chicken Tenders, H. Mustard, Ketchup, BBQ Sauce Popeye Salad, Dressing Corn, Baby Lima Beans, Fruit Juice, Milk</p>	<p>Tuesday – May 2</p> <p>Chili w/Crackers Or Tuna Salad Sandwich Or French Bread Pizza Mashed Potatoes, English Peas Baby Carrots, Broccoli Salad Fruit Juice, Milk</p>	<p>Wednesday – May 3</p> <p>Breakfast for Lunch Steak Biscuit Egg Patty, Cheese Grits Cinnamon Roll Tater Tots, Ketchup Sliced Tomato, Peppered Gravy Jelly, Fruit Juice, Milk</p>	<p>Thursday – May 4</p> <p>Chicken Tenders Honey Mustard, Ketchup, BBQ Sauce Or Baked Turkey Roast w/Gravy Cornbread, Margarine Tub Or French Bread Pizza Pinto Beans, Mac & Cheese Seasoned Broccoli, Cole Slaw Fruit, Juice, Milk</p>	<p>Friday – May 5</p> <p>Beef Nachos w/Cheese Or Chicken Fajita Sour Cream, Taco Sauce, Salsa Or French Bread Pizza Corn, Seasoned Carrots Shredded Lettuce & Diced Tomatoes, Refried Beans Fruit, Juice, Milk</p>
<p>Monday – May 8</p> <p>Oven Roasted Chicken Or Country Fried Steak w/Peppered Gravy Roll w/ Margarine Tub Or French Bread Pizza Mashed Potatoes, Green Beans, Seasoned Carrots, Fruit, Juice, Milk</p>	<p>Tuesday – May 9</p> <p>Cheeseburger Mayo, Mustard, Ketchup Or Chicken Fajita Sour Cream, Taco Sauce, Salsa Or French Bread Pizza Shredded Lettuce & Sliced Tomatoes, Diced Onions Rice, Blackeyed Peas Seasoned Broccoli, Fruit, Juice, Milk</p>	<p>Wednesday – May 10</p> <p>Tuna Salad Or Pizza Wedge Or Chicken Tenders, H. Mustard, BBQ Sauce Breaded Veg. Sticks Corn, Baby Lima Beans Salad, Dressing, Jell-O, Fruit, Juice, Milk</p>	<p>Thursday – May 11</p> <p>Grilled Cheese Sandwich Or Grilled Chicken Sandwich Mayo, Mustard, Chips Or French Bread Pizza Pickle Slices, Shredded Lettuce & Sliced Tomatoes Baby Carrots & Grape Tomatoes w/Dip, English Peas, Fruit, Juice, Milk</p>	<p>Friday - May 12</p> <p>Fish Sandwich Tartar Sauce Or Corn dog Ketchup, Mustard Or French Bread Pizza Jo Jo Fries, Popeye Salad Dressing, Baked Beans Fruit, Juice, Milk</p>
<p>Monday – May 15</p> <p>French Bread Pizza Or Grill Cheese Sandwich, Mayo, Mustard Or Chicken Tenders, H. Mustard, BBQ Sauce, Popeye Salad, Dressing Peas & Carrots, Corn Fruit, Juice, Milk</p>	<p>Tuesday – May 16</p> <p>Chicken Fajita Sour Cream, Salsa, Taco Sauce Or Hot Ham & Cheese Sandwich Mayo, Mustard Or French Bread Pizza Fries, Ketchup Shredded Lettuce & Sliced Tomato Refried Beans, Broccoli Salad, Fruit, Juice, Milk</p>	<p>Wednesday – May 17</p> <p>Breakfast for Lunch Sausage Biscuit Egg Patty, Cheese Grits Cinnamon Roll Tater Tots, Ketchup Sliced Tomato, Peppered Gravy Jelly, Fruit Juice, Milk</p>	<p>Thursday – May 18</p> <p>BBQ Pork Sandwich Or Hot Dog Ketchup, Mustard, Diced Onions Or French Bread Pizza Fries, Cole Slaw Pickle Spear Sliced Cucumbers & Grape Tomatoes w/Dip Fruit, Juice, Milk</p>	<p>Friday – May 19</p> <p>Beef Nachos w/Cheese Or Chicken Fajita Sour Cream, Salsa, Taco Sauce Or French Bread Pizza Shredded Lettuce & Diced Tomatoes, Peppers & Onions Refried Beans Sweet Potato Fries, Ketchup Broccoli & Carrots Fruit, Juice, Milk</p>
<p>Monday – May 22</p> <p>Fish Nuggets Tartar Sauce Or Mini Corn dogs Ketchup, Mustard Or French Bread Pizza Mac & Cheese, Baby Lima Beans Cole Slaw, Seasoned Broccoli Fruit, Juice, Milk</p>	<p>Tuesday – May 23</p> <p>Cheeseburger Mayo, Mustard, Ketchup Fries, Pickle Slices Shredded Lettuce & Sliced Tomato Diced Onions, Pork N Beans Breaded Veggie Sticks Apple, Juice, Milk</p>	<p>Wednesday – May 24</p> <p>Chicken Sandwich Mayo, Pickle Slices Chips Baby Carrots Animal Crackers Apple Juice, Milk</p>	<p>Thursday – May 25</p> <p>PBJ Sandwich Mayo, Mustard Chips Baby Carrots Teddy Grahams Craisins Juice, Milk</p>	<p>Friday – 26</p> <p>PBJ, Grape Chips Baby Carrots Chex Mix Animal Crackers Rasiels Juice, Milk</p>