






Wyoming County Schools
Pre-K – 8th Grade Lunch
May/June 2019






Monday	Tuesday	Wednesday	Thursday	Friday
		1 Chicken & Noodles Whole Wheat Roll Green Beans Mashed Potatoes Fresh Fruit Milk	2 **Oven Fried Chicken ROLLS POTATOES AU GRATIN Green Beans Fresh Fruit Milk	3 Cheeseburger Sweet Potato Fries Lettuce & Tomato CONDIMENTS BAKED BEANS Pears Milk
6 COOK'S CHOICE	7 **Taco Salad CONDIMENTS *Spanish Rice Corn REFRIED BEANS Carrots Fresh Fruit Milk	8 BISCUIT & GRAVY Sausage Patty Scrambled Eggs Hash Brown Potatoes sliced tomato Apples w/Cinnamon Milk	9 Pepperoni Roll Strawberry Spinach Salad Green Beans Cherry Tomatoes APPLE COBBLER Milk	10 Hot Dog W/Chili French Fries Cole Slaw CONDIMENTS Tossed Salad Fresh Fruit Milk
13 Fiestada Pizza Lettuce & Tomato Sour Cream Corn Baby Carrots Fresh Fruit Milk	14 Students' Choice	15 Salisbury Steak Whole Wheat Roll BUTTER Mashed Potatoes Green Beans Baby Carrots Fresh Fruit Milk	16 FISH MAC&CHEESE Great Northern Beans Cornbread Tossed Salad Dressing Fresh Fruit Milk	17 General Tso's Chicken FRIED RICE *Egg Roll Broccoli Corn Fresh Fruit Milk
20 Chicken Fajitas Salsa Tossed Salad Dressing, Low Calorie Corn Refried Beans Applesauce Milk	21 Chicken BBQ on a Wheat Bun Cole Slaw BROCCOLI AND CHEESE Sweet Potato Fries Fresh Fruit Milk	22 Lasagna Whole Wheat Roll BUTTER Tossed Salad Dressing, Low Calorie Peas Pears Milk	23 Open Faced Turkey Sandwich Mashed Potatoes Green Beans Fresh Fruit Milk	24 NO SCHOOL
27 NO SCHOOL 	28 Chicken Caesar Salad Whole Wheat Bread Sticks Baked Potato CONDIMENTS Baby Carrots APPLE COBBLER ICE CREAM CUP Milk	29 Tacos Lettuce, Tomato, & Cheese / Salsa Refried Beans Corn Fresh Fruit CHOCOLATE CHIP COOKIES Milk	30 SOUTHWESTERN RANCH CHICKEN Whole Wheat Roll BUTTER Tossed Salad Dressing, Low Calorie Broccoli Fresh Fruit Milk	31 Spaghetti & Meatballs Whole Wheat Roll BUTTER Strawberry Spinach Salad Green Beans Fresh Fruit Milk
3 COOK'S CHOICE	4 Students' Choice	5 COOK'S CHOICE	Have a great summer!	

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Wyoming County Schools
9-12 Lunch
May/June 2019






Monday	Tuesday	Wednesday	Thursday	Friday
		1 Chicken & Noodles Whole Wheat Roll Green Beans Mashed Potatoes Apple Fresh Fruit Milk	2 **Oven Fried Chicken ROLLS (YEAST) POTATOES AU GRATIN Green Beans Strawberries Fresh Fruit Milk	3 Cheeseburger Sweet Potato Fries Lettuce & Tomato CONDIMENTS BAKED BEANS Peach Cobbler Pears Milk
6 COOK'S CHOICE	7 **Taco Salad CONDIMENTS *Spanish Rice Corn REFRIED BEANS Carrots Red Grapes Pineapple Milk	8 BISCUIT & GRAVY Sausage Patty Scrambled Eggs Hash Brown Potatoes sliced tomato MELON BALLS Apples w/Cinnamon Milk	9 Pepperoni Roll Strawberry Spinach Salad Green Beans Cherry Tomatoes Fresh Fruit APPLE COBBLER Milk	10 Hot Dog W/Chili French Fries Cole Slaw CONDIMENTS Tossed Salad Plum Apple, Fresh Milk
13 Fiestada Pizza Lettuce & Tomato Sour Cream Corn Baby Carrots MIXED FRUIT Fresh Fruit Milk	14 Students' Choice	15 Salisbury Steak Whole Wheat Roll BUTTER Mashed Potatoes Green Beans Baby Carrots Blueberry Cobbler Fresh Fruit Milk	16 FISH MAC AND CHEESE Great Northern Beans Cornbread Tossed Salad Dressing Peaches Fresh Fruit Milk	17 General Tsao's Chicken FRIED RICE *Egg Roll Broccoli Corn mandarin orange Fresh Fruit Milk
20 Chicken Fajitas Salsa Tossed Salad Dressing, Low Calorie Corn Refried Beans Fresh Fruit Applesauce Milk	21 Chicken BBQ on a Wheat Bun Cole Slaw BROCCOLI AND CHEESE Sweet Potato Fries Cantaloupe, Fresh Fresh Fruit Milk	22 Lasagna Whole Wheat Roll BUTTER Tossed Salad Dressing, Low Calorie Peas Applesauce Pears Milk	23 Open Faced Turkey Sandwich Mashed Potatoes Green Beans Apple Crisp Fresh Fruit Milk	24 NO SCHOOL
27 NO SCHOOL 	28 Chicken Ceasar Salad Whole Wheat Bread Sticks Baked Potato CONDIMENTS Baby Carrots APPLE COBBLER Fresh Fruit ICE CREAM CUP Milk	29 Tacos Lettuce, Tomato, & Cheese/Salsa Refried Beans Corn Red Grapes BANANA CHOCOLATE CHIP COOKIES Milk	30 SOUTHWESTERN RANCH CHICKEN Whole Wheat Roll BUTTER Tossed Salad Dressing, Low Calorie Broccoli Peaches Fresh Fruit Milk	31 Spaghetti & Meatballs Whole Wheat Roll BUTTER Strawberry Spinach Salad Green Beans Tomato Parmesan Applesauce Fresh Fruit Milk
3 COOK'S CHOICE	4 Students' Choice	5 COOK'S CHOICE	Enjoy your summer !!!	

"THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER"



Wyoming County Schools May/June 2019 Breakfast




Monday	Tuesday	Wednesday	Thursday	Friday
		1 BISCUIT & GRAVY Sausage Patty Apples w/Cinnamon Dry Cereal, Variety Juice Milk ***** Yogurt SIMPLY CHEX, YOGURT	2 Pancakes SYRUP Dry Cereal, Variety Pears Juice Milk ***** Strawberry Pop-Tart Yogurt	3 Strawberry Smoothie GRANOLA Dry Cereal, Variety Apple Juice Milk ***** Pancake/Sausage Stick
6 Sausage Biscuit Dry Cereal, Variety Fresh Fruit Juice Milk ***** FRENCH TOAST STICKS	7 STRAWBERRY PARFAIT Dry Cereal, Variety Fresh Fruit Juice Milk ***** Apple Frudel	8 Breakfast Wrap Dry Cereal, Variety Fresh Fruit Juice Milk ***** Breakfast Pizza	9 Waffles SYRUP, PANCAKE Dry Cereal, Variety MIXED FRUIT Juice Milk ***** Chicken Slider	10 Homemade Cinnamon Roll Dry Cereal, Variety Strawberries Juice Milk ***** Bagel, Cinnamon, Mini
13 COOK'S CHOICE Dry Cereal, Variety Fruit Juice Milk ***** Yogurt Teddy Grahams	14 Breakfast Pizza Dry Cereal, Variety Fruit Juice Milk ***** Mini Cinnis Rolls	15 HAM BISCUIT Dry Cereal, Variety Fruit Juice Milk ***** Maple Mini Pancakes	16 Blueberry Smoothie Teddy Grahams Dry Cereal, Variety Fruit Juice Milk ***** Yogurt Moz. Cheese Stick	17 Biscuit Scrambled Eggs BACON Dry Cereal, Variety Fresh Fruit Juice Milk ***** BREAKFAST TACO
20 FRENCH TOAST SYRUP, PANCAKE Dry Cereal, Variety Fresh Fruit Juice & Milk ***** Sausage Biscuit	21 Cheese Toast Sausage Patty Dry Cereal, Variety Fresh Fruit & Juice Milk ***** Cinnamon Toast Bar Yogurt	22 COOK'S CHOICE Dry Cereal, Variety Fresh Fruit Juice & Milk ***** Cherry Frudel	23 Bagel w/Cream Cheese & Jelly Dry Cereal, Variety Fresh Fruit Juice & Milk ***** COOK'S CHOICE	24 NO SCHOOL
27 NO SCHOOL 	28 COOK'S CHOICE Dry Cereal, Variety Fruit Juice & Milk ***** Cocoa Puffs Cereal Bar Yogurt	29 BISCUIT & GRAVY Sausage Patty Dry Cereal, Variety Fruit & Juice Milk ***** COOKS CHOICE	30 Whole Wheat Toast Scrambled Eggs Sausage Patty Fruit & Juice Milk ***** Choc Chip Breakfast Bar	31 BREAKFAST QUESADILLA Dry Cereal, Variety Fresh Fruit Juice & Milk ***** Apple Frudel
3 COOK'S CHOICE Cereal Fresh Fruit & Juice Milk	4 COOK'S CHOICE Dry Cereal, Variety Fresh Fruit & Juice Milk	5 COOK'S CHOICE Dry Cereal, Variety Fresh Fruit & Juice Milk	Have a safe and fun summer!!	

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Wyoming County Schools
 Evening Snack
 May/June 2019



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Yogurt GRANOLA	2 SIMPLY CHEX, YOGURT Milk	3 Baked Cheetos Milk
6 Unrustable	7 Baked Doritos Milk	8 Graham Snackers	9 Trix Cereal Bar Milk	10 Unrustable
13 P-nut Butter & Jelly Graham	14 Baked Cheetos Milk	15 Applesauce Cup craisins Teddy Grahams	16 Breakfast Bar Cheerios Strawbe Yogurt	17 Unrustable
20 Cocoa Puffs Cereal Bar Milk	21 Unrustable	22 Apple, Fresh Raisins *Cheese Stick	23 Graham Snackers	24 NO SCHOOL
27  No School	28 Cherry Frudel Milk	29 SIMPLY CHEX, YOGURT Milk	30 Baked Nacho Cheese Doritos Milk	31 BANANA Applesauce Cup Teddy Grahams
3 Cinnamon Toast Crunch Bar Milk	4 Unrustable	5 Graham Snackers	Enjoy your summer!!!	

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