

Williams Intermediate School Lunch Menu, May 2012

May Food Focus

Peaches

Peaches are a member of the rose family and are a good source of Vitamin C. They were first cultivated in China where they are revered as a symbol of longevity.

To pay for meals and snacks on-line, go to

www.mypaymentsplus.com

Get 8-digit ID # by contacting Eric below.

Any questions call:

Food Service Director
Eric DeLisle
508-279-3405
Or e-mail
brfoodservice@bridge-rayn.org

Menus + Cafeteria Info on-line @ www.bridge-rayn.org/



Favorite Comfort Foods & International Flavors

30	May 1	May 2	May 3	May 4
Cheesy Chicken & Rice Seasoned Broccoli Breadstick Fresh Apple	Half Day, Lunch is Served Breakfast for Lunch French Toast Sticks w/ Syrup Sausage Tater Tots Baked Apples	BALANCED CHOICES MEAL: Pasta w/ Italian Meat Sauce Breadstick Seasoned Peas & Carrots	Baked Whole Grain Chicken Nuggets Mashed Potatoes Gravy, Corn Whole Wheat Dinner Roll	BALANCED CHOICES MEAL: Chicken Caesar on Whole Wheat Wrap Macaroni Salad Fresh Apple
7	8	9	10	11
Meatball Submarine on Whole Wheat Sub Roll Shredded Cheese Seasoned Carrots	Popcorn Chicken Bowl Mashed Potatoes Corn Gravy Shredded Cheese	BALANCED CHOICES MEAL: Spaghetti & Meatballs Seasoned Green Beans Fresh Apple	Baked Whole Grain Chicken Nuggets Mashed Potatoes Gravy, Corn Whole Wheat Dinner Roll	BALANCED CHOICES MEAL: Sloppy Joe on a Bun Peas & Carrots Baked Potato Wedges Warm Baked Apple Slices
14	15	16	17	18
BALANCED CHOICES MEAL: Philly Cheese Steak on Whole Wheat Sub Peppers & Onions Potato Wedges Fresh Banana	BALANCED CHOICES MEAL: Nachos w/ Mexican Meat & Cheese Sauce Whole Grain Brown Rice Lettuce & Tomato Southwest Black Beans Fresh Orange	BALANCED CHOICES MEAL: Chicken Parmesan over Seasoned Pasta Seasoned Peas Fresh Orange	Baked Whole Grain Chicken Nuggets Mashed Potatoes Gravy, Corn Whole Wheat Dinner Roll	Double Hot Dog Day Baked Beans Baked Fries Fresh Apple
21	22	23	24	25
Sweet & Sour Chicken Vegetable Fried Rice Egg Roll Fortune Cookie	BALANCED CHOICES MEAL: Chicken & Cheese Quesadilla Whole Grain Brown Rice Mexican Corn Fresh Orange	BALANCED CHOICES MEAL: Creamy Macaroni & Cheese w/ Barilla Plus Garlic Bread Seasoned Green Beans Fresh Orange	Baked Whole Grain Chicken Nuggets Mashed Potatoes Gravy, Corn Whole Wheat Dinner Roll	May Food Focus Peaches Peach Cups and/or Fresh Peaches Available All Month
28	29	30	31	June 1
Student Cafeteria Balances Please be sure to pay off any negative cafeteria balances before the end of school year. All balances will roll over to next school year.	Twin Soft Tacos w/ Mexican Meat & Cheese Shredded Lettuce Diced Tomatoes Whole Grain Brown Rice	BALANCED CHOICES MEAL: Rotini w/ Italian Meat Sauce Seasoned Green Beans Whole Wheat Roll	Baked Whole Grain Chicken Nuggets Mashed Potatoes Gravy, Corn Whole Wheat Dinner Roll	Chicken Parmesan on Whole Wheat Wrap Potato Wedges Fresh Orange

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Classic Cheese or Pepperoni Pizza
Made on Whole Grain Crust
w/ Reduced Fat Cheese
Baked Fresh Daily

Specials:

Mondays: Pizza Bagel Fun Lunch
Tuesdays: Buffalo Chicken Pizza
Wednesdays: Cheese Sticks w/ Pizza Sauce
Thursdays: French Bread Pizza
Fridays: Veggie Pizza

THE FRESH GRILLE

Lean Beef Burgers w/ Cheese, Breaded Chicken Patty Sandwiches Available Daily
Chicken Nuggets, Popcorn Chicken or Roast Chicken Served Daily.

Mondays: BBQ Rib on a Bun
Tuesdays: Double Cheeseburger on a Bun
Wednesdays: Buffalo Chicken Patty on a Bun
Thursdays: Ham, Egg, & Cheese on a Bagel
Fridays: Breaded Fish on a Bun



Prepackaged Salads and Sandwiches
Fresh Salad with Chicken & Garden Salad with Cheese available daily.
Turkey & Cheese Wrap available daily.

Balanced Choice Special Daily:
Bagel & Yogurt Fun Lunch
w/ Jelly, Cheese & Fresh Orange

Specials:
Mondays: Greek Salad w/ Feta Cheese
Tuesdays: Ham & Cheese Wrap
Wednesdays: Garden Salad w/ Tuna
Thursdays: Tuna Salad Wrap
Fridays: Nacho Fun Lunch

Williams School Student Meal \$2.50
Adult Meal \$3.25
(meals include milk, salad, vegetable, & fruit)