

# Minnetonka Elementary Menu

## May

| Monday   | Tuesday   | Wednesday  | Thursday  | Friday  |
|--|---|--|---|---|
| <b>30</b><br>MIN Grown Hot Dog on MG Bun<br>or<br>Sloppy Joe on MG Bun<br>Baked Crinkle Cut Potatoes<br>Baked Beans<br>Fruit Choices<br>GoGurt Yogurt  | <b>1</b><br>French Toast /Turkey Sausage<br>or<br>Hot Ham/Cheese / MG Bun<br>Breakfast Cubes<br>Seasoned Green Beans<br>Fruit Choices     | <b>2</b><br>Pizza Choice<br>or<br>Egg/Cheese/Sausage Muffin<br>Fresh Tossed Salad<br>Seasoned Corn<br>Fruit Choices  | <b>3</b><br>Spaghetti with Meat Sauce<br>or<br>Chef Salad w/ MG Roll<br>Caesar Salad<br>Seasoned Carrot Coins<br>Fruit Choices                            | <b>4</b><br>Macaroni & Cheese<br>or<br>Turkey Tortilla Wrap<br>Fresh Tossed Salad<br>Seasoned Peas<br>Fruit Choices<br><b>Cinco de Mayo Cookies</b> |
| <b>7</b><br>Baked Chicken Nuggets<br>w/ MG Stick or<br>Chicken Salad Sandwich<br>Kansas Medley Rice<br>Seasoned Green Beans<br>Fruit Choices   | <b>8</b><br>Baja Fish Sticks<br>or<br>Rib B Q on MG Bun<br>Steamed Broccoli & Cauliflowe<br>Cole Slaw<br>Fruit Choices<br>Ice Cream Treat | <b>9</b><br>Chicken Patty on MG Bun<br>or<br>Chicken Caesar Wrap<br>Smile Potatoes<br>Seasoned Peas<br>Fruit Choices | <b>10</b><br>Cheese Bread w/ Meat Sauce<br>or<br>Chef Salad w/ MG Roll<br>Caesar Salad<br>Roasted Root Vegetables*<br>Fruit Choices<br><br>*Locally Grown | <b>11</b><br>Beef Taco<br>or<br>Fiesta Pizza<br>Lettuce, Tomato, Cheese, Salsa<br>Refried Beans<br>Seasoned Corn<br>Fruit Choices                   |
| <b>14</b><br>Chicken Dippers<br>or<br>Turkey Tortilla Wrap<br>Brown Rice<br>Seasoned Peas<br>Fruit Choices<br>Fortune Cookie   | <b>15</b><br>Baked Chicken Strip<br>w/ MG Roll or<br>Hot Ham/Cheese / MG Bun<br>Whipped Potatoes<br>Steamed Green Beans<br>Fruit Choices  | <b>16</b><br>Pizza Choice<br>or<br>Chicken Caesar Wrap<br>Seasoned Corn<br>Caesar Salad<br>Fruit Choices             | <b>17</b><br>Mini-Pancakes<br>w/ Turkey Sausage or<br>Sloppy Joe on MG Bun<br>Roasted Red Skin Potatoes<br>Fruit Choices                                  | <b>18</b><br>Grilled cheese<br>or<br>Tuna Sandwich<br>Soup<br>Tossed Salad<br>Fruit Choices<br>Fresh Baked Cookie                                   |
| <b>*Sunbutter Sandwich Lunch includes yogurt, fruit, vegetable, milk, and other items on the menu that day.</b>  |   |  |   |   |
| Parents: Please be aware that peanut products may be in processing facilities. Menu subject to change due to product availability.<br>Elementary \$2.50, Middle \$2.65, High School \$2.85, Adult \$3.55, Milk \$.45, Water \$.50, Second Entrée \$1.50<br>Checks to: Minnetonka Nutrition Services or visit <a href="http://www.minnetonka.k12.mn.us">www.minnetonka.k12.mn.us</a> and pay online |   |  |   |   |

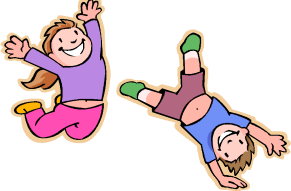
### Five Reasons to Encourage more Fruit and Vegetable Consumption

1. Fruit contains sugar, mostly in the form of fructose. This gets converted into blood glucose, which is the primary energy for the body.
2. Many fruits contain a good amount of fiber that slows down the absorption of fructose, helping us feel fuller longer and possibly lose weight. It also helps lower cholesterol and improve bowel function.
3. Fruits provide beneficial antioxidants and other nutrients that supplements don't have.



# May/ June

Menus Also Available Online at: [www.minnetonka.k12.mn.us](http://www.minnetonka.k12.mn.us)

| Monday   | Tuesday  | Wednesday  | Thursday  | Friday  |
|--|--|--|---|---|
| <b>21</b><br>Popcorn Chicken<br>w/ MG Roll or<br>Sub Sandwich on MG Bun<br>Seasoned Mini Bakers<br>Steamed Broccoli Spears<br>Fruit Choices  | <b>22</b><br>Turkey & Gravy<br>or<br>Chef Salad<br>Whipped Potatoes<br>Multigrain Dinner Roll<br>Seasoned Green Beans<br>Spring Cookie   | <b>23</b><br>Burger* on Multigrain Bun<br>or<br>Chicken Breast on MG Bun<br>Lettuce, Tomato, Cheese<br>Broccoli Slaw Salad<br>Baked Beans<br>Fruit Choices<br>*Veggie Burger Available | <b>24</b><br>Soft Chicken Taco<br>or<br>Quesadilla<br>Lettuce, Tomato, Cheese, Salsa<br>Seasoned Corn<br>Fruit Choices<br>Rice Krispy Treat | <b>25</b><br>Cheese Filled Bread Sticks<br>or<br>Deli Turkey Sandwich<br>Fresh Tossed Salad<br>Seasoned Carrots<br>Fruit Choices        |
| <b>28</b><br>No school   | <b>29</b><br>French Toast /Turkey Sausage<br>or<br>Hot Ham/Cheese / MG Bun<br>Breakfast Cubes<br>Seasoned Green Beans<br>Fruit Choices   | <b>30</b><br>Pizza Choice<br>or<br>Egg/Cheese/Sausage Muffin<br>Fresh Tossed Salad<br>Seasoned Corn<br>Fruit Choices   | <b>31</b><br>Spaghetti with Meat Sauce<br>or<br>Chef Salad w/ MG Roll<br>Caesar Salad<br>Seasoned Carrot Coins<br>Fruit Choices             | <b>1</b><br>Macaroni & Cheese<br>or<br>Turkey Tortilla Wrap<br>Fresh Tossed Salad<br>Seasoned Peas<br>Fruit Choices<br>Shape Up Dessert |
| <b>4</b><br>Baked Chicken Nuggets<br>w/ MG Stick or<br>Chicken Salad Sandwich<br>Kansas Medley Rice<br>Seasoned Green Beans<br>Fruit Choices   | <b>5</b><br>Baja Fish Sticks<br>or<br>Rib B Q on MG Bun<br>Steamed Broccoli/Cauliflower<br>Cole Slaw<br>Fruit Choices<br>Ice Cream Treat | <b>6</b><br>Cook's Choice<br><br><br>Fruit Choices   | <b>7</b><br>Cook's Choice<br><br><br>Fruit Choices  | <b>8</b><br>No School!<br>                         |
| *Sunbutter Sandwich Lunch includes yogurt, fruit, vegetable, milk, and other items on the menu that day.   |  |  |   |   |
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## Five Reasons to Encourage more Fruit and Vegetable Consumption

4. There is mounting evidence that eating more fruit (and vegetables) may prevent serious health conditions such as heart disease and cancer.

5. Eating potassium-rich fruits (bananas, melons) might help lower your blood pressure and reduce your risk for kidney stones and bone loss.

Are you counting carbohydrates? One small fruit (or half-cup chopped) has about 15 grams of carbohydrates. Melons, pineapples and dried fruits, such as dates or raisins, contain even more carbs. You can find more insight at [choosemyplate.gov](http://choosemyplate.gov).

The Nutrition Services staff thank you for choosing us for your child's lunch. We hope you have a healthy and active summer. See you in the fall!

