

St. Luke's Episcopal School
 Monthly Menu Grades K-8
 May 2008



STOP
 think about eating a smaller portion
SLOW
 balance your meal with green choices
GO
 eat all you want!

Monday	Tuesday	Wednesday	Thursday	Friday
5 <ul style="list-style-type: none"> ● Black Beans Soup ● Mango Tomato and Red Onion Salad ● Spanish Slaw ● Herb Baked Chicken ● Mashed Potatoes ● Grilled Squash ● Baked Fish ● Assorted Fresh Fruit 	6 <ul style="list-style-type: none"> ● Viva Tortilla Soup ● Black Bean Salad ● Pasta w/ Chicken Salad ● Grilled Beef Fajitas ● Grilled Chicken Fajitas ● Spanish Rice ● Refried Beans ● Fresh Green Beans ● Turkey Wrap ● Assorted Fresh Fruit 	7 <ul style="list-style-type: none"> ● Corn Chowder ● Caesar Salad ● Tuna Salad ● Spaghetti w/ Meatballs or Marinara Sauce ● Fresh Vegetable Mix ● Garlic Bread ● Chipotle Chicken Sandwich ● Assorted Fresh Fruit 	8 <ul style="list-style-type: none"> ● Cream of Tomato Soup ● Tandy Pear Salad ● Berried Treasure Salad ● Chicken Divan Crepes ● White Rice ● Parmesan Cous Cousins ● Steamed Spinach ● Grilled Cheese on Wheat ● Assorted Fresh Fruit 	9 Field Day Picnic Lunch Pre-K to 2 nd Grade Sandwiches <ul style="list-style-type: none"> ● Ham & Cheese ● Turkey & Cheese ● PBJ ● Chips ● Fresh Fruit
12 <ul style="list-style-type: none"> ● Chicken Tortellini Soup ● Green Beans & Potato Salad ● Garden Pasta Salad ● Chicken Parmesan ● Pasta w/ Alfredo Sauce ● Pasta Marinara Sauce ● Steamed Cauliflower ● Roast Beef Sandwich ● Assorted Fresh Fruit 	13 <ul style="list-style-type: none"> ● Viva Tortilla Soup ● Baby Blue Salad ● Marinated Vegetable Salad ● Cheese Enchiladas ● Spanish Rice ● Charro Beans ● Fresh Green Beans ● Corn Bread ● Assorted Fresh Fruit 	14 <ul style="list-style-type: none"> ● Beef Vegetable Soup ● Pineapple Coleslaw ● Egg Salad ● Salmon w/ Peach Sauce ● Brown Rice ● Grilled Squash ● Mangial Pizza ● Assorted Fresh Fruit 	15 <ul style="list-style-type: none"> ● Chicken & Alphabet Soup ● Carrot-Pineapple Salad ● Broccoli & Orange Salad ● BBQ Brisket ● Mac & Cheese ● Steamed Peas & Carrots ● Grilled Sausage ● Assorted Fresh Fruit 	16 <ul style="list-style-type: none"> ● Minestrone Soup ● Spinach & Strawberry Salad ● Pimento & Cheese Salad ● Chicken Spaghetti ● Steamed Carrots ● Tater Tots ● Baked Beans ● Messy Chili Dogs ● Assorted Fresh Fruit ● Fresh Fruit Bar & Yogurt
19 <ul style="list-style-type: none"> ● Chicken & Noodle Soup ● Broccoli Salad ● Chicken Salad ● Sweet Sour Chicken ● Fried Rice ● Sugar Peas ● Fajita Pita ● Assorted Fresh Fruit 	20 <ul style="list-style-type: none"> ● Vegetable Soup ● Corn & Black Bean Salad ● Pasta & Chicken Salad ● Roast Turkey w/ Gravy ● Sage Dressing ● Mashed Potatoes ● Fresh Green Beans w/ Peppers ● Corn Dogs ● Assorted Fresh Fruit 	21 <ul style="list-style-type: none"> ● Chicken Rice Soup ● Chicken Salad ● Creamy Cole Slaw Salad ● Pork Loin w/ Peach Sauce ● Mangial Pasta Bar ● Bow Tie Pasta ● Ziti Pasta ● Alfredo Sauce ● Marinara Sauce ● Seasoned Squash ● Assorted Fresh Fruit 	22 <ul style="list-style-type: none"> ● Tomato & Rice Soup ● Arugula Salad ● Pasta Salad w/ Feta Cheese ● Crispy Beef Tacos ● Cilantro Rice ● Charro Beans ● Fresh Mix Vegetables ● Cheese Quesadillas ● Assorted Fresh Fruit 	23 <ul style="list-style-type: none"> ● Caesar Salad ● Tuna Salad ● Meatballs Sandwich ● Herbed Penne Pasta ● Steamed Carrots ● Baked Fish ● Assorted Fresh Fruit Educational Seasoning: <ul style="list-style-type: none"> ● Cold Cucumber Soup ● Vichyssoise ● Cold Peach and Raspberry Soup
26 School Holiday Memorial Day	27 <ul style="list-style-type: none"> ● Turkey & Rice Soup ● Sweet Fruit Slaw ● Pimento & Cheese Salad ● Grilled Chicken Breast ● Steamed Rice ● Fresh Broccoli ● Beef & Pasta ● Hot Rolls ● Assorted Fresh Fruit 	28 <ul style="list-style-type: none"> ● Vegetable & Rice Soup ● Artichoke & Tomato Salad ● Tuna Salad ● Picadillo Tacos ● Spanish Rice ● Refried Beans ● Steamed Green Beans w/ Peppers ● Turkey Swiss Croissant ● Assorted Fresh Fruit ● Chocolate Fudge Fondue Bar 	29 Early Dismissal	30 Graduation Exercises Luncheon to Follow Ceremony in McNab Gym

NOTE: All lunches include a variety of beverages. The deli always includes ham, turkey, and tuna salad. Salad Bar includes a variety of salads, toppings, and six regular & low-calorie dressings. The appropriate starch and vegetable will accompany at least two entrees daily.

SAGE SIGNATURE SERVICE
 Casa J. Moore
 SPOTLIGHT DOT COLORS HAVE
 BEEN REVIEWED FOR ACCURACY.

