



Fairview

May 2019

Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
 <i>All of our food is made fresh Daily.</i> <i>Our Featured Wellness Item of the month is highlighted in orange.</i> 				
		<p>1 Homemade Baked Ziti 5oz Wrapped Whole Wheat Bread 1ea Broccoli 3/4C Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz</p>	<p>2 Grilled Chicken on a WW Bun 2.5oz Mashed Potatoes 3/4 Cup Fresh Pear 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea</p>	<p>3 Whole Wheat Pizza 1ea Green Beans 3/4 Cup 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz</p>
<p>6 Lean Beef Nachos w/ Cheese 2.5oz Lean Beef Taco Meat 2oz Black Beans 3/4c Shredded Cheddar 1oz Bag Baked Tostitos Scoops 1ea Wrapped Whole Wheat Bread 1ea Fresh Orange 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz</p>	<p>7 Crispy Chicken Breast on Whole Wheat Bun 2.5oz Broccoli 3/4C 100% Orange Juice 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea</p>	<p>8 Homemade Ziti w/ Meat Sauce 5oz Wrapped WW Mountain Roll 1ea Honey Glazed Whole Baby Carrots 3/4 Cup 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz</p>	<p>9 Chicken Patty on a WW Bun 1ea Diced Potatoes 3/4 Cup Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz</p>	<p>10 Hamburger on WW Hamb Bun 2.8oz Green Beans 3/4 Cup Fruit Cup 1/2 Cup 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea</p>
<p>13 Salisbury Steak w/ Gravy 3oz Wrapped WW Mountain Roll 1ea Mashed Potatoes 3/4 Cup Fresh Pear 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz</p>	<p>14 Meatballs w/ Marinara Sauce 4ea Wrapped WW Hot Dog Bun 1ea Whole Baby Carrots 3/4 Cup 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz</p>	<p>15 Macaroni w/ Beef 5oz Wrapped WW Mountain Roll 1ea Spinach 3/4 Cup 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz</p>	<p>16 Baked Chicken Patty on a Whole Wheat Bun 1ea Maple Baked Beans 3/4 Cup Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea</p>	<p>17 Whole Wheat Pizza 1ea Green Beans 3/4 Cup Fresh Tangerine 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz</p>
<p>20 Beef Hot Dog on a WW Bun 1ea Cowboy Baked Beans 3/4 Cup Fresh Pear 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Mustard 1ea PC Ketchup 1ea</p>	<p>21 Sliced Turkey w/ Gravy 3oz Wrapped Whole Wheat Bread 1ea Mashed Potatoes 3/4 Cup Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz</p>	<p>22 Lasagna Rollette w/ Marinara Sauce 1ea- 3.5oz Wrapped WW Mountain Roll 1ea Broccoli 3/4C 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz</p>	<p>23 BBQ Beef Ribbecue on a WW Hamb Bun 2.5oz Sliced Carrots 3/4 Cup 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz</p>	<p>24</p>
<p>27</p>	<p>28 W.G Chicken Nuggets 5ea Wrapped WW Mountain Roll 1ea Corn 3/4 Cup Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea</p>	<p>29 Homemade Baked Ziti 5oz Wrapped WW Mountain Roll 1ea Spinach 3/4 Cup 100% Apple Juice 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz</p>	<p>30 Grilled Chicken on a WW Bun 2.5oz Maple Baked Beans 3/4 Cup 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea</p>	<p>31 Hamburger on WW Hamb Bun 2.8oz Green Beans 3/4 Cup Apple Sauce Cup 1/2C 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea</p>