

MTN. SHADOWS MIDDLE SCHOOL



May 2019



Monday

INSIDE MOZZARELLA STICKS
C 300 F 12 SF 7 CHO 36

KIOSK MINI CHEESE BURGERS
C 287 F 8.1 SF 3 CHO 34.3

Tuesday

INSIDE FRENCH BREAD PIZZA
C 310 F 12 SF 4.5 CHO 34

KIOSK **ORIENTAL CHICKEN

Wednesday

INSIDE STUDENT'S CHOICE
*SEE CHART →

KIOSK CALZONE
C 410 F 16 SF 7 CHO 47

Thursday

INSIDE COOK'S CHOICE
*SEE CHART →

KIOSK HOT DOG
C 240 F 10.5 SF 2.5 CHO 26

Friday

INSIDE SPICY CHICKEN SANDWICH
C 350 F 13 SF 2.5 CHO 42

KIOSK BEEF TACO STICK
C 345 F 12.82 SF 8.35 CHO 31.87



Memorial Day: 5/27/19



Make payments conveniently online at:
www.k12paymentcenter.com

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free or reduced priced meals at:
www.lunchapplication.com



OFFERED DAILY INSIDE:

YOGURT/GRANOLA

C 290 F 4 SF 1.7 CHO 57

PB & J

C 300 F 17 SF 3 CHO 32

*Student's Choice:

5/1/19 Chicken Fajita
C 212 F 5.98 SF 1.8 CHO 24.6

5/8/19 Pulled Pork Sandwich
C 333 F 15.34 SF 5.36 CHO 31.55

5/15/19 Queso Blanco Nachos
C 258 F 17 SF 6.3 CHO 18

5/22/19 Chicken Tenders
C 250 F 10 SF 1.5 CHO 15

5/29/19 Chicken Burger
C 390 F 15 SF 3 CHO 44

*Cook's Choice:

5/2/19 Cinco de Mayo Sope
C 294 F 11.5 SF 4 CHO 23

5/9/19 Chicken Tacos
C 212 F 4.48 SF .8 CHO 29.6

5/16/19 Carnitas Tacos
C 324 F 13 SF 5 CHO 24

5/23/19 Chicken Tostada Boat
C 222 F 11.58 SF 2.44 CHO 14.88

5/30/19 Hot Ham and Cheese
C 372 F 19.5 SF 7.76 CHO 31.18

Choice Of: 1% White Milk, Nonfat Chocolate Milk & Strawberry Milk Offered with every meal.

*All grains served are Whole Grain Rich (WGR)

****Orange Chicken**
C 268 F 3.88 SF .68 CHO 43.39

****Spicy Sichuan Chicken**
C 198 F 2.88 SF .68 CHO 28.39

ALL LUNCHESES INCLUDE SALAD BAR
C=Calories, F=Fat, SF=Saturated Fat, CHO=Carbohydrates
Menu subject to change without notice