



**May 2017**  
**Bernard's Township**  
**Elementary Schools**

Mount Prospect School

**Entrée's Available Daily**

**Cheese OR Pepperoni Pizza**  
**Baked Chicken Patty on a WG Roll**  
**Angus Burger,**  
**Angus Cheeseburger, OR**  
**Veggie Burger on WG Roll**  
**Entrée Salad of the Day**  
**Hummus and Vegetable Platter**

**Available Daily:**

**Premium Fruits, Assorted Veggies, & Juice**  
**ALL Lunches include Choice of Skim, 1%, Non Fat Chocolate Milk OR 8oz Bottle of Water**  
**Free or Reduced Lunches to Those who qualify**  
**Lunch Price \$2.60**

**For Nutritional Information, Please Visit**

<http://bernards.schooldish.com>



This institution is an equal opportunity provider.

**1**  
 Cheese Pizza Sticks (GD)  
 With Marinara Sauce\*  
 Sweet Corn  
 Fresh Apple Wedges

**2**  
 Mini Pierogi's with Rosa Sauce (GED)  
 Green Beans  
 Diced Peaches

**3**  
 Orange Popcorn Chicken (G)  
 Broccoli  
 Brown Rice  
 Fresh Banana

**4**  
 Penne with Tomato Alfredo and Chicken (GD)  
 Celery Sticks  
 Fresh Cantaloupe

**5**  
 Popcorn Chicken with Shoestring Fries (G)  
 Steamed Spinach  
 Mandarin Oranges

**8**  
 Chicken and Cheese Quesadilla (GD)  
 OR Cheese Quesadilla\* (GD)  
 Roasted Mixed Vegetables

**9**  
 Country Chicken Nugget Bowl (GD)  
 Dinner Roll  
 Celery Sticks  
 Fresh Orange Wedges

**10**  
 Inside out Cheesy Penne (GD)  
 Fresh Baked WG Dinner Roll (GD)  
 Green Beans  
 Diced Pears

**11**  
 Breaded Chicken Drumstick (G)  
 Corn Muffin  
 Steamed Zucchini  
 Apple Sauce

**12**  
 Chicken Nachos (GD) with Lettuce and Tomato  
 Steamed Broccoli  
 Fresh Fruit Cup

**15**  
 Pancakes with (GE) Chicken Sausage  
 Maple Syrup  
 Fresh Broccoli  
 Fresh Apple Wedges

**16**  
 Macaroni and Cheese\* with a WG Dinner Roll (GED)  
 Green Beans  
 Diced Peaches

**17**  
 Chicken Pot Pie (GED)  
 Carrot Sticks with Dip  
 Fresh Banana

**18**  
 Country Chicken Nugget Bowl (GD)  
 Dinner Roll  
 Steamed Carrots  
 Fresh Cantaloupe

**19**  
 Rotini Pasta with Italian Meat Sauce\* (GD)  
 Steamed Spinach  
 Mandarin Oranges

**22**  
 Chicken Tenders (G)  
 Mashed Potatoes (D)  
 Cucumber and Tomato Salad  
 Fresh Apple Wedges

**23**  
 Penne Pasta with Italian Meat Sauce (DG)\*  
 Green Beans  
 Fresh Orange Wedges

**24**  
 Grilled Cheese with\*(DG) Tomato Soup (G)  
 Steamed Carrots  
 Fresh Banana

**25**  
 Chicken Corn Dog (GE)  
 Shoestring Fries  
 Celery Sticks  
 Applesauce

**26**  
**School Closed In-Service Day**

**29**  
**School Closed Memorial Day**

**30**  
 Chicken & Cheese Soft Tacos with Lettuce & Tomato\* (GD)  
 Cilantro Lime Rice  
 Orange Wedges

**31**  
 Cheesy Baked Penne\* (GD)  
 Parmigiana Bread Stick(GD)  
 Roasted Squash  
 Diced Pears

**\*Vegetarian Options\***  
**\*Many Lunch options can also be made Vegetarian \***  
 Menu Subject to Change

**Allergen Key**  
 G – Contains Gluten  
 E -- Contains Egg  
 D -- Contains Dairy