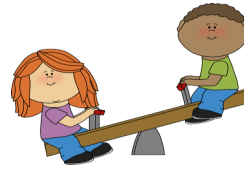




**Wind River & Crowheart Schools  
Lunch Menu**

**May 2018**



**Grab 'n' Go Breakfast**  
Served Mon.-Thurs. after  
busses arrive.  
Only \$1.00  
Free to students who  
qualify for Free and  
Reduced meals.

Mon	Tue	Wed	Thu	Fri	Nutrient Analysis per Grade			
					K-5	6-8	9-12	
	<b>1</b> Chicken Nuggets w/ Dipping Sauce Mashed Potatoes Cooked Carrots Rosey Applesauce	<b>2</b> Bean & Cheese Burrito Seasoned Brown Rice Refried Beans Fresh Fruit	<b>3</b> Corn Dog Sun Chips Green Beans Orange Wedges Fresh Grapes	<b>4</b> <b>No School</b>	Calories	609	669	790
<b>7</b> Big Daddy Cheese Pizza Cooked Broccoli Florets Fresh Baby Carrots Chilled Pears Slices	<b>8</b> Chicken ala King Seasoned Rice Green Beans Fresh Fruit Wheat Dinner Roll	<b>9</b> Breaded Pork Patty Mashed Potatoes Baked Beans Mandarin Oranges	<b>10</b> Hamburger on a Bun French Fires Mixed Vegetables Chilled Peach Slices	<b>11</b> <b>School in session</b> Biscuit & Country Gravy Sausage Patty Cooked Carrots Celery Sticks Fresh Orange Wedges Orange juice	Carbs.	93.3 g	104.4g	129.8 g
<b>14</b> Chicken Alfredo Glazed Baby Carrots Fresh Celery Sticks Fruit Cocktail	<b>15</b> Pork & Vegetable Egg Roll Sweet 'n' Sour Dip Brown Rice Oriental Vegetables Pineapple Chunks Dinner Roll	<b>16</b> Stagecoach Spaghetti Garlic Broccoli Chilled Peach Slices Garlic Toast	<b>17</b> Meatloaf Quick Baked Potato Baked Beans Fresh Veggie Sticks Fresh Apple	<b>18</b> <b>No School</b>	Total Fat	16.2 g	17.6 g	19.9 g
<b>21</b> Cheddar Cheese Omelet Sausage Patty Tater Tots Fresh Veggies Blueberry Muffin Fresh Grapes	<b>22</b> Breaded Chicken Strips Baked Beans Celery and Carrots Peanut Butter Dip Pineapple Tidbits	<b>23</b> Taco Salad Salsa Seasoned Corn Cucumber & Tomato Dip Fresh Fruit	<b>24</b> Calzone Sweet Potato Puffs Green Beans Fresh Citrus Cup	<b>25</b> <b>No School</b>	Sat. Fat	6.1 g	6.4 g	6.8 g
<b>28</b> <b>Memorial Day</b>  <b>No School</b>	<b>29</b> Chicken Fajita Seasoned Brown Rice Three Bean Bake Fresh Fruit	<b>30</b> 4-Meat Combo Pizza California Veggies Baby Carrot Slims Fresh Fruit Rice Crispy Treat	<b>31</b> Hot Dog on a Bun Frito Corn Chips Green Beans Fresh Fruit	<b>School is Out for the Summer</b>  <b>Have a Great Summer</b>	Calories	624	638	825
					Carbs.	93.0 g	96.5 g	127.5 g
					Total Fat	15.3 g	15.4 g	19.4 g
					Sat. Fat	5.2 g	5.2 g	6.1 g
					Calories	628	669	812
					Carbs.	85.4 g	91.2 g	110.7 g
					Total Fat	20.5 g	22.1 g	27.4 g
					Sat. Fat	5.8 g	6.1 g	7.4 g
					Calories	633	655	791
					Carbs.	87.4 g	93.4 g	121.5 g
					Total Fat	18.4 g	18.5 g	20.8 g
					Sat. Fat	5.7 g	5.7 g	6.7 g

Menus are subject to change due to deliveries and product availability

Nutrient Analysis is always based on all foods consumed with milk.

**All Menu Must Follow the Current  
USDA Guide Lines for Americans.**

Lunch Menus include choice of  
Fat-free chocolate milk or  
1% white milk  
Condiments included with lunches  
when needed.

**Class of 2018 Graduation Day  
May 27th, 2018 4:00pm  
in the Wind River Middle/High School  
Gym**



**This institution is an  
Equal Opportunity Provider**

