

ALCA Menu May 2024

You may place or cancel a lunch from your account online up until 7am each day at myschoolaccount.com
 Email Peg before 8 am to cancel a lunch for that day lunchata.life@gmail.com. No lunch orders accepted by email.

| | Monday | Tuesday | Wednesday | Thursday | Friday |
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| May 6th – 10th | French Toast Sticks Tater Tots, Sausage Link, Yogurt Smore Yogurt Parfaits | Chicken Tenders, Macaroni and Cheese Peas and Carrots *“Extra Tender” meal for heartier appetites available | Beef Lasagna, Plain Pasta, Caesar Salad or sliced cucumber Dinner roll | Chicken and Cheese Quesadilla, Cheese Quesadilla, Steamed Rice, Corn Salsa | Cheese or Peperoni Pizza. Pizza Day Meal (1 slice) or Pizza Day TWO slices Raw Veggies |
| May 13th – 17th | Spaghetti with Marinara Sauce and Meatballs, Plain Pasta, String Beans and Dinner Roll | Chicken Nuggets Tater Tots Roasted Ranch Carrots | Beef Tacos on Flour Tortillas, Yellow Rice Corn *Taco Salad * Extra Taco Meal for heartier appetites | Grilled Cheese Sandwich, Served with choice of: Tomato Soup or Chicken Noodle Soup. Raw Carrots and Cucumber slices | Cheese or Peperoni Pizza. Pizza Day Meal (1 slice) or Pizza Day TWO slices Raw Veggies |
| May 20th – 24th | Baked Ziti or Plain Pasta, Garlic Bread Vegetable | Chopped Chicken Bowl With White Rice, Corn, Black Beans (Cheese & Salsa) *Chopped Chicken Bowl Salad | Crispy Chicken Filet Sandwich, Lettuce on side Tater Tots, Roasted Ranch Carrots | Cheese or Peperoni Pizza. Pizza Day Meal (1 slice) or Pizza Day TWO slices Raw Veggies | End of year event |
| May 27th – 31st | Memorial Day | Chicken Nuggets Mashed Potatoes, Gravy Vegetable | Penne Pasta with Alfredo Sauce and Grilled Chicken, Vegetable Dinner Roll | Hamburger, Cheeseburger, Veggie Burger Tater Tots Vegetable | Cheese or Peperoni Pizza. Pizza Day Meal (1 slice) or Pizza Day TWO slices Raw Veggies |
| June 3rd – 7th | Breaded Chicken Stir Fried Rice Asian Vegetables Duck Sauce on side | Cheese or Peperoni Pizza. Pizza Day Meal (1 slice) or Pizza Day TWO slices Raw Veggies | Last day Early Release | Have a safe and happy summer! | |

IOU Lunches: Students who arrive without a lunch ordered will be served a cheese sub or PB, PBJ, lunch with drink, fruit, chips and snack. Your students lunch account will be charged \$6.00 for lunch, and should be paid promptly. You need a payment account with MSA to pay balances owed.

Lunch Options:

Sub Sandwiches: Choice of: Turkey, Turkey and Cheese, Ham, Ham and Cheese, or Cheese, served on a sub roll. Lettuce on side. Peanut Butter or Peanut Butter & Jelly sandwich. **Chicken Caesar Wrap or Chicken and Ranch Wrap (chicken, romaine, cheddar and ranch). All sandwiches served with chips**

Chicken Caesar Salad with crisp romaine, grated cheese, grilled sliced chicken, croutons and Caesar dressing on the side,.

Garden Salad with chopped romaine, grated carrot, tomato and cucumber with grilled sliced chicken and Ranch or Balsamic Vin on the side.

Yogurt Lunch; Yoplait strawberry or blueberry yogurt, blueberry muffin, fresh fruit, raw veggies, drink.

Veggie Burger served daily with chips (served with burger sides on burger day)

Fresh whole fruit offered each day.

Beverages served: Low Fat Milk, Choc Milk, Water, 100% Apple Juice and Lemonade.

Available daily: baked fresh giant Cookies \$1.25 and Ice Cream \$2.00 Exact change needed.