



WEEK 3

LUNCH	MONDAY 5/18	TUESDAY 5/19	WEDNESDAY 5/20	THURSDAY 5/21	FRIDAY 5/22
SIGNATURE	<u>Burger Day</u> Hamburger Fries Mixed Veggies Carb Count: Bun=39g Burger=1g Veggies=19g	<u>Tex Mex</u> Walking Nacho Tortilla Chips Beef or Chicken Yellow Rice Refried Beans Carb Count: Chips=18g Rice=23g Beans=10g Beef=26g Chicken=4g	<u>FUN DAY</u> Nuggets JoJo fries Green Beans Corn Bread Carb Count: Chicken Tenders=57g JoJo fries=18g Green Beans=3.5g Corn Bread=27g	<u>Wing Day</u> BBQ, Buffalo and Plain Boneless wings Fries Carb Counts: BBQ wings=29g Buffalo=26g Plain=24g Fries=36g	<u>Pizza Day</u> Cheese Pizza Pepperoni Broccoli salad Carb counts: Cheese OR Pepperoni Pizza=53g Broccoli Salad=4g
GRILL	Hot Dog Carb Count: Hot Dog=2g Bun=39g	Crispy Chicken Sandwich Carb Count: Buns=39g Chicken Patty=13g	Corn Dogs Carb Count: Corn Dog=27g	Mac and Cheese Bites Carb Count: Mac and Cheese=39g	Mozzarella Sticks Carb Counts: Mozz sticks=20g Sauce=8g
PRODUCE BAR	Chopped Romaine, Cherry tomato, baby Carrots, Broccoli, cucumbers, celery, Assorted peppers, Cauliflowers, Hummus, Grapes, Pineapples, Peaches, Apples, Oranges, Bananas and Composed Salads.				

MAKE IT A MEAL!

A meal includes grain, protein, fruit, vegetable and milk. Be sure to take at least three components of a meal (including ½ cup of fruit or vegetable) to receive our meal pricing!

Lunch: \$5.25

Grill: \$4.00

Extra Milk: \$0.75

Questions or special requests regarding food sensitivities?

Contact us! We're happy to work together to support your student!

Access the week menus through the page stjudejaguars.org

Oscar Graham

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