



School Information:



Nutrition Tip: Get started cooking more often at home: If you don't usually cook, start gradually. Make it a goal to cook once a week and work up to cooking more often.

Reference: USDA MyPlate



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Potato Bowl; eggs & diced ham, Toast
Yogurt cup
Bagels w/ cream cheese
Fresh fruit
Milk

1

Pancakes
sausage link
Applesauce cup
Yogurt cup
Bagels w/ cream cheese
Fresh fruit, Milk

2

Breakfast burrito; eggs, potatoes, and chorizo
Yogurt cup
Bagels w/ cream cheese
Fresh fruit
Milk

3

Pancake on a stick
Applesauce cup
Yogurt cup
Bagels w/ cream cheese
Fresh fruit
Milk

6

Hot or cold cereal
Donuts
Yogurt cup
Bagels w/ cream cheese
Fresh fruit
Milk

7

Scrambled eggs w/
Cheese, toast
Hashbrowns
Yogurt cup
Bagels w/ cream cheese
Fresh fruit, Milk

8

French toast
Sausage link
Yogurt cup
Bagels w/ cream cheese
Fresh fruit
Milk

9

Breakfast fried rice
Toast
Yogurt cup
Bagels w/ cream cheese
Fresh fruit
Milk

10

Waffles w/ sausage link
Strawberry cup
Yogurt cup
Bagels w/ cream cheese
Fresh fruit
Milk

13

Hot or cold cereal
Banana bread
Parfait cup
Bagels w/ cream cheese
Fresh fruit
Milk

14

Potato bowl: eggs,
cheese, toast
Yogurt cup
Bagels w/ cream cheese
Fresh fruit
Milk

15

Hot or cold cereal
Yogurt cup
Bagels w/ cream cheese
Fresh fruit
Milk

16

Biscuits & gravy
Hardboiled eggs
Yogurt cup
Bagels w/ cream cheese
Fresh fruit
Milk

17

French toast
Sausage link
Yogurt cup
Bagels w/ cream cheese
Fresh fruit
Milk

20

Hot or cold cereal
Muffin
Parfait cup
Bagels w/ cream cheese
Fresh fruit
Milk

21

Scrambled eggs w/
cheese, bacon, toast
Hashbrown
Yogurt cup
Bagels w/ cream cheese
Fresh fruit, Milk

22

Waffles w/ sausage link
Strawberry cup
Yogurt cup
Bagels w/ cream cheese
Fresh fruit
Milk

23

Fish hash
Toast
Yogurt cup
Bagels w/ cream cheese
Fresh fruit
Milk

24

Memorial Day
Pancake on a stick
Applesauce cup
Yogurt cup
Bagels w/ cream cheese
Fresh fruit, Milk

27

Hot or cold cereal
Cinnamon roll
Yogurt cup
Bagels w/ cream cheese
Fresh fruit
Milk

28

Potato bowl; eggs w/
sausage bits and toast
Yogurt cup
Bagels w/ cream cheese
Fresh fruit
Milk

29

French toast
Sausage link
Yogurt cup
Bagels w/ cream cheese
Fresh fruit
Milk

30

Biscuit & gravy
Hardboiled eggs
Yogurt cup
Bagels w/ cream cheese
Fresh fruit
Milk

31

MAY 2024

Lummi Nation School

LUNCH



School Information:



May is National Egg Month. Eggs can be eaten in a salad, as part of a breakfast sandwich, as an omelet, mixed into fried rice or simply boiled, fried or scrambled. How do you like to eat eggs?

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Chicken Nuggets
Potato wedge w/ roll
Sandwiches
Salad bar
Fresh fruit
Milk

1

Teriyaki Chicken
Rice or noodles
Mixed Veggies
Sandwiches
Salad bar
Fresh fruit, Milk

2

Hot dog w/ chili and chips or Baked potatoes
Sandwiches
Salad bar
Fresh fruit, Milk

3

Chicken Alfredo
Broccoli w/ Breadsticks
Sandwiches
Salad bar
Fresh fruit
Milk

6

Pizza
Pretzel w/ Cheese cup
Sandwiches
Salad bar
Fresh fruit
Milk

7

Chicken drumstick
Mashed potatoes
Gravy, squash, a roll
Sandwiches
Salad bar
Fresh fruit, milk

8

Nacho or burrito
Spanish rice, refried beans
Sandwiches
Salad bar
Fresh fruit, milk

9

Chicken burger
Chips
Sandwiches
Salad bar
Fresh fruit
Milk

10

Goulash w/ corn
A roll
Sandwiches
Salad bar
Fresh fruit
Milk

13

Pizza
Pretzel w/ Cheese cup
Sandwiches
Salad bar
Fresh fruit
Milk

14

Tomato soup
Garlic cheese bread
Sandwiches
Salad bar
Fresh fruit
Milk

15

Salmon or ham
A roll, baked beans, potato salad, rice
Caesar salad
Fresh Fruit
Milk

16

Corn dogs
Chips
Sandwiches
Salad bar
Fresh fruit
Milk

17

Chili macaroni
A roll
Sandwiches
Salad bar
Fresh fruit
Milk

20

Pizza
Pretzel w/ Cheese cup
Sandwiches
Salad bar
Fresh fruit
Milk

21

Popcorn Chicken
Mashed potatoes
Gravy, corn, and a roll
Sandwiches
Salad bar
Fresh fruit, milk

22

Sweet & Sour chicken
Rice, potstickers
Sandwiches
Salad bar
Fresh fruit
Milk

23

Hamburgers
Chips
Sandwiches
Salad bar
Fresh fruit
Milk

24

Memorial Day
Spaghetti w/ corn and breadsticks
Sandwiches
Salad bar
Fresh fruit, milk

27

Pizza
Pretzel w/ Cheese cup
Sandwiches
Salad bar
Fresh fruit
Milk

28

Chicken nuggets
Potato wedges w/ roll
Sandwiches
Salad bar
Fresh fruit
Milk

29

Teriyaki Chicken
Rice or noodles
Mixed veggies
Sandwiches
Salad bar
Fresh fruit, Milk

30

Hot dog w/ chili, chips
Baked potato w/ a roll
Sandwiches
Salad bar
Fresh fruit
Milk

31