




















May 2019

Merrillville Intermediate School

Mon	Tue	Wed	Thu	Fri
<p>Pirate Grab-N-Go Meals Tue & Thu</p> <p>Chef Salad Offered Daily</p>	<p>1% white milk, skim chocolate & skim strawberry milk is offered daily</p> <p>*items made with chicken or turkey</p>	<p>1 Meatloaf w/Wheat Roll Or *Corndog Mashed Potatoes/Gravy Tossed Salad Fun Fruit</p> 	<p>2 Mostaccioli w/Meat Sauce/Garlic Toast or Popcorn Chicken Meal Broccoli Carrots/Celery/Dip Applesauce Graham Snack</p> 	<p>3 Grilled Cheese or Taco Roll Refried Beans Fresh Veggie Medley Diced Peaches Pear</p> <p>School Lunch Hero Day</p>
<p>6 Meatball Sub or Italian Chicken Melt Green Beans Broccoli/Cauliflower/Dip Pineapple Orange Smiles</p> 	<p>7 Mashed Potato Bowl or *Hot Dog Meal Corn Carrots/Dip Rosey Applesauce Pear</p> 	<p>8 Tacos/Cheese/Salsa Lettuce/Tomato Cup or Cheesy Breadsticks Refried Beans Peppers/Carrots/Dip Fun Fruit</p> 	<p>9 Orange Chicken w/ Asian Rice or Cheese Pizza Meal California Blend Veggies Carrots/Celery/Dip Mandarin Oranges Apples</p> 	<p>10 Mac & Cheese or Sub Sandwich Baked Beans Fresh Veggie Medley Diced Pears Banana</p> 
<p>13 Chicken Tenders or *Hot Dog Waffle Fries Broccoli/Cauliflower/Dip Pineapple Orange Smiles</p> 	<p>14 Nachos or Hamburger Meal Refried Beans Carrots/Dip Diced Peaches Craisins</p> 	<p>15 Chicken Leg w/ Breadstick or *Hot Dog Sweet Potato Rounds Cucumbers/Dip Fun Fruit</p> 	<p>16 Sloppy Joe or Chicken Patty Meal Green Beans Celery/Dip Applesauce Fresh Fruit</p> 	<p>17 Cheese Pizza or Turkey & Cheese Sandwich Baked Beans Fresh Veggie Medley Mixed Fruit Pear</p> 
<p>20 Pizza Crunchers or Cheesy Breadsticks Potato Smiles Broccoli/Cauliflower/Dip Rosey Applesauce Orange Smiles</p>	<p>21 Gen. Tso Chicken w/ Asian Rice or *Mini Corndog Meal Broccoli Carrots/Dip Juice/Craisins</p> 	<p>22 Lasagna w/Garlic Bread or Cheesy Breadsticks Carrot Coins Cucumbers/Dip Fun Fruit</p> 	<p>23 Walking Taco or PBJ Meal Refried Beans Celery/Dip Pineapple Apples</p> 	<p>24 Breaded Mozzarella Sticks or *Sub Sandwich Baked Beans Fresh Veggie Medley Mandarin Oranges/Banana</p>
<p>27 Memorial Day</p>  <p>No School</p>	<p>28 Hamburger or Trix Yogurt Meal Baked Beans Carrots/Dip Diced Pears Craisins</p> 	<p>29 Meatloaf w/Wheat Roll or *Corndog Mashed Potatoes/Gravy Tossed Salad Fun Fruit</p> 	<p>30 Mostaccioli w/Meat Sauce/Garlic Toast or Popcorn Chicken Meal Broccoli Carrots/Celery/Dip Applesauce/Grahams</p> 	<p>31</p> <p>COOK'S CHOICE</p>
<p>June 3</p> <p>Cooks' Choice</p>	<p>4</p> <p>Cook's Choice</p>	<p>5</p> <p>Cook's Choice</p>	<p>6</p> 	<p>7</p> 

SUMMER FEEDING PROGRAM:

Begins June 10—August 2 2019.
No Meals Served July 4 & 5, 2019
Breakfast will be served 9-10 am
Lunch will be served 12:30-1:30 pm
May 3rd is **School Lunch Hero Day**

School Lunch Hero Day

Don't forget to thank your lunch ladies for all the nutritious breakfast and lunches they prepare for you!

DID YOU KNOW? Many children tend to gain weight over the summer. How can you prevent this in your house? Make sure your child gets exercise, don't fill up on high calorie snacks or soda, and stay active. When kids have too much free time, they often spend it munching in front of the TV.



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