

LUNCH MENU

May 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
<i>There are no pork or nut/peanut products on our menu.</i>	1/4 cup sliced turkey w/ gravy 1/4 cup mashed potatoes 1/4 cup veggie stuffing 1/4 cup fresh fruit 1/2 slice whole grain bread	1/2 cup garden salad cheese ravioli - 3 1/4 cup fresh fruit 4 oz yogurt	1/4 cup chicken teriyaki 1/4 cup fried rice w/ egg 1/4 cup broccoli 1/4 cup fresh fruit 1/2 slice whole grain bread	1/4 cucumber sticks & dip 1 WG bagel w/ cream cheese 1 boiled egg 1/4 cup fresh fruit
7	8	9	10	11
1/4 cup garden salad 2 WG chicken tenders w/ sauce 1/4 cup oven fries 1/4 cup fresh fruit 1/2 slice whole grain bread	2 (1oz) turkey meatballs 1 oz. string cheese 1/4 cup raw veggies w/hummus 1/4 cup fresh fruit 1/2 whole grain sub roll	1/4 cup garden salad 1/2c up WG meatless baked pasta 1/4 cup steamed carrots 1/4 cup fresh fruit	1 WG cheese quesadilla w/ salsa 1/4 cup whole grain brown rice 3/8 cup black beans 1/4 cup fresh fruit	1/4 cup red pepper strips & dip 1 WG bagel w/ cream cheese 1 boiled egg 1/4 cup fresh fruit
14	15	16	17	18
2 WG chicken tenders w/ sauce 1/4 cup whole grain brown rice 1 corn cobette 1/4 cup fresh fruit	1 cheeseburger (beef) 1/4 cup roasted potatoes 1/4 cup baked beans 1/4 cup fresh fruit 1 whole grain burger bun	1 slice whole grain cheese pizza 1/4 cup raw veggies & hummus 1/4 cup fresh fruit	2 whole grain french toast sticks 1.5 oz vegetarian sausage patty 1/4 cup home fries 1/4 cup fresh fruit	1/4 cucumber sticks & dip 1 WG bagel w/ cream cheese 1 boiled egg 1/4 cup fresh fruit
21	22	23	24	25
1/2 cup garden salad 2 WG chicken tenders w/ sauce 1/4 cup parmesan couscous 1/4 cup fresh fruit	1/4 cup chicken taco cheese, lettuce & tomato 1/2 oz each 1/4 cup steamed snap peas 1/4 cup fresh fruit 1 whole grain soft tortilla	1/4 cup garden salad 1/2 cup macaroni & cheese 1/4 cup steamed broccoli 1/4 cup fresh fruit	1 cup vegetable noodle soup 1/2 grilled cheese sandwich 1/4 cup raw veggies w/hummus 1/4 cup fresh fruit	1/4 cup red pepper strips & dip 1 WG bagel w/ cream cheese 1 boiled egg 1/4 cup fresh fruit
28	29	30	31	
CLOSED MEMORIAL DAY	1/4 cup ground beef 1/4 cup mashed potatoes 1/4 cup peas 1/4 cup fresh fruit 1/2 slice whole grain bread	1 breaded fish fillet w/tartar sauce 1/4 cup parmesan quinoa 1/4 cup green beans 1/4 cup fresh fruit 1 whole grain sandwich roll	1/2 cup garden salad 1/4 cup chicken parmesan 1/4 cup pasta w/ tomato sauce 1/4 cup fresh fruit	NOTE: <i>All meals include bread or bread alternate, low-fat milk and condiments.</i>

Available for afternoon snacks on a rotating basis:

graham crackers, wheat crackers, fig cookies, pretzels, animal crackers, fresh fruit, yogurt, raisins, cheese crackers, applesauce, string cheese, diced pears/peaches, veggies & hummus