



Lunch Menu

May 2022

This institution is an equal opportunity provider.

Approved by Haley Havighurst, RDN

Serving Sizes are as follows:

K - 5th Grade – Meat/MA 2oz, Grain 2oz, Vegetable ¼ cup, Fruit ½ cup, Low Fat or 1% unflavored or flavored milk 8oz

6th – 8th Grade - Meat/MA 2oz, Grain 2oz, Vegetable ¼ cup, Fruit ½ cup, Low Fat or 1% unflavored or flavored milk 8oz

9th – 12th Grade – Meat/MA 2oz, Grain 2oz, Vegetable 1 cup, Fruit 1 cup, Low Fat or 1% unflavored or flavored milk 8oz

Monday	Tuesday	Wednesday	Thursday	Friday
<p>May 2 Roast Turkey w/ Gravy WW Bread Green Beans Fruit Milk Tofurky w/ Gravy</p>	<p>May 3 Hamburger on WG Bun w/ Sliced Cheddar Cheese Roasted Potatoes Fruit Milk Veggie Burger</p>	<p>May 4 Turkey Ham and Cheese on WW Bread Mayo Carrot and Celery Sticks w/ Ranch Fruit Milk Cheese Sandwich on WW Bread</p>	<p>May 5 BBQ Meatballs Brown Rice Peas & Carrots Fruit Milk Veggie Meatballs</p>	<p>May 6 Chicken & Cheese Burrito on WG Flour Tortilla Corn & Black Bean Salad Fruit Milk Bean Burrito</p>
<p>May 9 Turkey Sausage WG French Toast Breakfast Potatoes Fruit Milk Veggie Sausage</p>	<p>May 10 Grilled Chicken Romaine Lettuce w/ Parmesan Cheese and Croutons Caesar Dressing Dinner Roll Fruit Milk Edamame</p>	<p>May 11 Turkey & Cheese on WW Bread Mayonnaise Carrot & Celery Sticks Ranch Dressing Fruit Milk SunButter & Grape Fruit Spread Sandwich on WW Bread</p>	<p>May 12 Grilled Chicken WG Pasta w/ Sauce Broccoli & Cauliflower Fruit Cocktail Milk Veggie Patty on Wheat Bread</p>	<p>May 13 Mac & Cheese w/ WG Pasta Peas & Carrots Fruit Milk</p>
<p>May 16 Beef BBQ on WG Bun Potato Wedges Fruit Milk Veggie Bean BBQ "National BBQ Day"</p>	<p>May 17 Chicken Salad on WG Bun Carrot & Celery Sticks w/ Ranch Fruit Milk Cheese Sandwich on WW Bread</p>	<p>May 18 Grilled Chicken Garden Salad Ranch Dressing WG Dinner Roll w/ Butter Fruit Milk Edamame</p>	<p>May 19 Swedish Meatballs WG Pasta Peas & Corn Fruit Milk Veggie Meatballs</p>	<p>May 20 Beef & Cheese Burrito on WG Flour Tortilla Tomato/Cucumber Salad Fruit Milk Bean Burrito</p>
<p>May 23 Teriyaki Chicken Fried Brown Rice Peas and Carrots Mandarin Oranges Milk Teriyaki Tofu</p>	<p>May 24 Chicken Patty Sandwich WG Sandwich Roll Sweet Potato Tots Fruit Milk Veggie Burger</p>	<p>May 25 Turkey and American on WG Bun Mayo Garden Salad w/ Italian Dressing Fruit Milk SunButter & Grape Fruit Spread Sandwich on WW Bread</p>	<p>May 26 Hamburger Macaroni & Cheese w/ WG Pasta Green Beans Fruit Milk Mac & Cheese</p>	<p>May 27 SunButter and Grape Fruit Spread on WW Bread Carrot & Celery Sticks w/ Ranch Dressing Fruit Milk</p>
<p>May 30</p>	<p>May 31 WG Chicken Nuggets Potato Wedges Ketchup Fruit Cocktail Milk Veggie Patty on Wheat Bread</p>	<p>June 1 Cheese Sandwich on WW Bread Carrot Sticks Ranch Dressing Fruit Milk</p>	<p>June 2 WG Pasta w/ Meat Sauce Mixed Vegetables Fruit Milk Veggie Patty on Wheat Bread</p>	<p>June 3 Chicken & Cheese Burrito on WG Flour Tortilla Corn & Black Bean Salad Fruit Milk Bean Burrito</p>

Daily Alternate Meals Available: Turkey & Cheese Sandwich, Garden Salad with Cheese or Chicken Fingers

WG = Whole Grain

Fruit options vary when in season and will be rotated based on availability: Apples, Applesauce, Flavored Applesauce, Banana, Diced Pears, Diced Peaches, Pineapple, Oranges, Pears, Cantaloupe, Honeydew, Strawberries, Fruit Cocktail, Peaches, Mandarin Oranges, Mangos