



## Lunch Menu

May 2022

This institution is an equal opportunity provider.

Approved by Haley Havighurst, RDN

Serving Sizes are as follows:

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

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

9<sup>th</sup> – 12<sup>th</sup> 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><b>June 1</b>  <b>Cheese Sandwich on WW Bread</b>            Carrot Sticks (cooked carrots)            Ranch Dressing            Fruit            Milk</p>	<p><b>June 2</b>  <b>WG Pasta w/ Meat Sauce</b>            Mixed Vegetables            Fruit            Milk  <b>Veggie Patty on Wheat Bread</b></p>	<p><b>June 3</b>  <b>Chicken &amp; Cheese Burrito on WG Flour Tortilla</b>            Corn            Fruit            Milk  <b>Bean Burrito</b></p>
<p><b>June 6</b>  <b>Turkey Sausage</b>            WG French Toast            Breakfast Potatoes            Fruit            Milk  <b>Veggie Sausage</b></p>	<p><b>June 7</b>  <b>Mac &amp; Cheese w/ WG Pasta</b>            Cooked Carrots            Fruit            Milk</p>	<p><b>June 8</b>  <b>Grilled Chicken</b>            Romaine Lettuce w/ Parmesan            Cheese            Dinner Roll            Caesar Dressing            Fruit            Milk  <b>Edamame</b></p>	<p><b>June 9</b>  <b>Grilled Chicken</b>            WG Pasta w/ Sauce            Broccoli            Fruit Cocktail            Milk  <b>Veggie Patty on Wheat Bread</b></p>	<p><b>June 10</b>  <b>Turkey &amp; Cheese on WW Bread</b>            Mayonnaise            Carrot Sticks (Cooked Peas)            Ranch Dressing            Fruit            Milk  <b>SunButter &amp; Grape Fruit Spread Sandwich on WW Bread</b></p>
<p><b>June 13</b>  <b>Chicken Patty Sandwich</b>            WG Sandwich Roll            Sweet Potato Tots            Fruit            Milk  <b>Veggie Burger</b></p>	<p><b>June 14</b>  <b>Beef &amp; Cheese Burrito on WG Flour Tortilla</b>            Tomato/Cucumber Salad            Fruit            Milk  <b>Bean Burrito</b></p>	<p><b>June 15</b>  <b>Grilled Chicken</b>            Garden Salad            Ranch Dressing            WG Dinner Roll w/ Butter            Fruit            Milk  <b>Edamame</b></p>	<p><b>June 16</b>  <b>Turkey Ranch and Cheddar Cheese Wrap on WG Flour Tortilla</b>            Carrot Sticks w/ Ranch Dressing            Fruit            Milk  <b>Cheese Sandwich</b></p>	<p><b>June 17</b></p>
<p><b>June 20</b></p>	<p><b>June 21</b></p>	<p><b>June 22</b></p>	<p><b>June 23</b></p>	<p><b>June 24</b></p>
<p><b>June 27</b></p>	<p><b>June 28</b></p>	<p><b>June 29</b></p>	<p><b>June 30</b></p>	<p><b>July 1</b></p>

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