



Lunch Menu

May 2019

“NATIONAL BBQ MONTH”

This institution is an equal opportunity provider.
Approved by Barbara Myers RD, LD/N

Serving Sizes are as follows:

1-2 Year Olds – m/ma 1oz, fruit ¼ c, vegetable ¼ c, grain ½ oz, 4oz Plain Whole Milk

3-5 Year Olds – m/ma 1.5oz, fruit ¼ c, vegetable ¼ c, grain ½ oz, 6oz Plain 1% Milk

School Age – m/ma 2oz, fruit ½ c, vegetables ¾ c, grain 1oz, 8oz Plain 1% Milk

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| | | May 1 Beef BBQ WG Sandwich Roll Vegetable Fruit Milk (Veggie Bean BBQ) V | May 2 Grilled Chicken Gyro WG Pita Bread Tzatziki Sauce Vegetable Fruit Milk (Lentil Salad) V | May 3 WG Pasta w/ Meat Sauce Vegetable Fruit Milk (Pasta w/ Beans and Marinara Sauce) V |
| May 6 Refried Bean Burrito w/ cheddar cheese, sour cream WG Flour Tortilla Fruit Milk “CINCO DE MAYO” | May 7 Mac & Cheese WG Pasta w/Cheese Sauce Vegetable Fruit Milk | May 8 Chef Salad w/ Diced Turkey and Turkey Ham Salad Mix Shredded Cheddar Cheese Dinner Roll Ranch Dressing Fruit Milk (Chef Salad w/ Egg and Cheese) V | May 9 Beef Chili WG Dinner Roll Baked Potato w/ Butter Fruit Milk (Veggie Bean Chili) V | May 10 Egg & Cheese WG English Muffin Vegetable Fruit Milk |
| May 13 Balsamic Chicken Brown Rice Vegetable Fruit Cocktail Milk (Balsamic Tofu) V “National Fruit Cocktail Day” | May 14 BBQ Meatballs WG Dinner Roll Vegetable Fruit Milk (Veggie Burger) V | May 15 Chicken Salad Sandwich WG Sandwich Roll Vegetable Fruit Milk (Egg Salad) V | May 16 Beef Taco Shredded Cheddar Cheese WG Flour Tortilla Vegetable Fruit Milk (Lentil Taco) V | May 17 Turkey Ham and American Cheese Wrap WG Flour Tortilla Vegetable Fruit Milk (Cheese Sandwich) V |
| May 20 BBQ Chicken WG Macaroni Salad Vegetable Fruit Milk (Lentil BBQ) V | May 21 Meatball Hoagie WG Hoagie Roll Vegetable Fruit Milk (Veggie Meatballs) V | May 22 Grilled Chicken Caesar Salad Parmesan Cheese Romaine Lettuce WG Dinner Roll Fruit Milk (Edamame Caesar Salad) V | May 23 Turkey and Cheese Hoagie WG Hoagie Roll Vegetable Fruit Milk (Grilled Cheese) V | May 24 Chicken Broccoli Alfredo WG Pasta Fruit Milk (Tofu Broccoli Alfredo) V |
| May 27 CLOSED | May 28 WG Chicken Nuggets Ketchup Vegetable Fruit Milk (Vegetarian Chicken Nuggets) V | May 29 Loaded Baked Potato WG Dinner Roll Shredded Cheddar Cheese Diced Turkey Ham Vegetable Fruit Milk (Only Cheese on Baked Potato) V | May 30 American Chop Suey Ground Beef, WG Macaroni, Tomatoes and Sauce Vegetable Fruit Milk (Spanish Tofu) V | May 31 Hummus w/ Dippers Pita Bread Veggie Sticks Fruit Milk |

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