



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