



**Lunch Menu – NSP K-8
May 2023**

Serving Sizes are as follows:

K - 5th Grade – Meat/MA 1.75oz, Grain 1.75oz, Vegetable ¼ cup, Fruit ½ cup, Low Fat or 1%

unflavored or flavored milk 8oz

6th – 8th Grade - Meat/MA 1.75oz, Grain 1.75oz, Vegetable ¼ cup, Fruit ½ cup, Low Fat or 1% unflavored or flavored milk 8oz

Monday	Tuesday	Wednesday	Thursday	Friday
May 1 WG Chicken Tenders Mashed Potatoes Honey Mustard Fruit Milk	May 2 Mac & Cheese w. WG Pasta Green Beans Fruit Milk	May 3 BBQ Chicken & Cheese on WG Flour Tortilla Fresh Broccoli w/ Ranch Carrot Sticks Fruit Milk	May 4 Turkey Sausage WG French Toast Breakfast Potatoes Fruit Milk	May 5 <p style="text-align: center;">Early Dismissal</p>
May 8 Turkey BBQ WG Sandwich Roll Roasted Potatoes Fruit Milk	May 9 Italian Meatball Hoagie w/ Provolone Cheese WG Hoagie Roll Peas Fruit Milk	May 10 Turkey Ham & Cheese on WW Bread Carrots Sticks w/ Ranch Garbanzo Beans Fruit Milk	May 11 Hamburger w/ Cheddar Cheese WG Sandwich Roll Cauliflower Fruit Milk	May 12 Pizza Sticks Cooked Broccoli Fruit Milk
May 15 Grilled Chicken Parmesan w/Marinara Sauce and Mozzarella Cheese over WG Pasta Cooked Carrots Fruit Milk	May 16 Turkey Ham and Cheese on WW Wrap Tomato and Cucumber Salad Fruit Milk	May 17 Chef Salad (Diced Turkey, Diced Turkey Ham) Garbanzo Beans WG Dinner Roll w/ Butter Ranch Dressing Fruit Milk	May 18 Balsamic Chicken Brown Rice Peas Fruit Milk	May 19 <p style="text-align: center;">School Holiday</p>
May 22 Turkey Ham Mac & Cheese w. WG Pasta Green Beans Fruit Milk	May 23 Hot Dog WG Bun Mashed Potatoes Fruit Milk	May 24 Turkey & Cheese Sandwich on WG Bread Carrot Sticks w/ Ranch Garbanzo Beans Fruit Milk	May 25 Swedish Meatballs Buttered Noodles Mix Vegetables Fruit Milk	May 26 <p style="text-align: center;">School Holiday</p>
May 29 HAPPY MEMORIAL DAY! <p style="text-align: center;">School Holiday</p>	May 30 Cheese Tortellini in Marinara w/Mozzarella Cheese Green Beans Fruit Milk	May 31 Italian Chicken Pasta Salad Garbanzo Beans Fresh Broccoli w/ Ranch Fruit Milk	June 1 WG Chicken Patty BBQ Sauce WG Sandwich Roll Roasted Potatoes Fruit Milk	June 2 Turkey, Ranch and Cheddar on WW Wrap Carrot Sticks Fruit Milk

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