

Lunch Menu 9-12



May 2021

MEAL 1	MEAL 2	MEAL 3	MEAL 4	MEAL 5	MEAL 6	MEAL 7
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
26 Turkey Chili w/ Beans Corn Muffin (2G)	27 Chicken Nuggets Peas & Carrots Dinner Roll <i>*Strawberry Milk Available*</i>	28 Cheeseburger Oven Baked Fries Ketchup	29 Chicken Alfredo w/ Broccoli Mini Muffin	30 Chicken Enchiladas w/ Green Salsa	1 Double Dog Fruitable Juice Veg: Bean & Cheese Burrito	2 Turkey & Cheese Lunch Kit Baby Carrots Veg: Cheese Pizza Sliders
3 Hot Dog Oven Baked Fries Ketchup	4 Chicken Teriyaki Noodles & Broccoli Mini Muffin	5 Chicken Parmesan Pasta w/ Marinara Sauce WG Bites	6 Beef Burrito Bowl w/ Beans & Corn	7 Grilled Cheese Sandwich Baby Carrots	8 French Bread Pepperoni Pizza <i>*Contains Pork*</i> Fruitable Juice Veg: Cheese Pizza Sliders	9 Chicken Nuggets w/ Oven Baked Fries WG Cheez Its Veg: Veggie Burger & Fries
10 new Country "Fried" Steak w/ Mashed Potatoes & Gravy Dinner Roll	11 Grilled Chicken Sandwich Oven Baked Fries Ketchup	12 Cheese Lasagna w/ Marinara Sauce Whole Grain Dessert	13 <i>Breakfast 4 Lunch</i> French Toast Sticks, Chicken Sausage & Potato Wedges Syrup Cheese Puffs	14 Mac & Cheese Broccoli Side Salad WG Cookie	15 Mini Chicken Tacos Refried Beans Veg: Cheese Tamale	16 Cheeseburger w/ Oven Baked Fries Veg: Veggie Burger & Fries
17 Hamburger Oven Baked Fries Ketchup	18 Bean & Cheese Pupusa Refried Beans	19 Sweet & Sour Chicken Brown Rice & Broccoli	20 Chicken Ramen Soup w/ Noodles & Vegetables Baked Chips	21 Bean & Cheese Burrito Salsa Cup	22 Corn Dog w/ Oven Baked Fries Veg: Plant-Based Chicken Tenders & Fries	23 Cheese Tamale Mixed Vegetables
24 Aloha Chicken Burger <i>*Contains Pork*</i> Oven Baked Fries Ketchup	25 Beef & Bean Nachos Tortilla Chips	26 Baked Ziti w/ Meat Sauce WG Cheez Its	27 Chicken Tamale Mixed Vegetables	28 Chicken Alfredo w/ Broccoli Mini Muffin	29 Pepperoni Pizza Wedge <i>*Contains Pork*</i> Fruitable Juice Veg: Grilled Cheese Sandwich	30 Bean & Cheese Pupusa Baby Carrots
31 Beef Chili w/ Beans Baked Chips	1 Chicken Nuggets Broccoli WG Cookie	2 Cheeseburger Oven Baked Fries Ketchup	3 Chicken Parmesan Pasta w/ Marinara Sauce WG Bites	4 Chicken Enchiladas w/ Green Salsa	5 Double Dog Fruitable Juice Veg: Bean & Cheese Burrito	6 Turkey & Cheese Lunch Kit Baby Carrots Veg: Cheese Pizza Sliders

MENU SUBJECT TO CHANGE WITHOUT NOTICE

This institution is an equal opportunity provider.

All grain items offered are Whole Grain Rich.

All entrées served with whole fruit, fruit cup or 100% fruit juice and offered with choice of 1% milk or fat free milk.

Vegetarian Lunch Menu 9-12



May 2021

Monday	Tuesday	Wednesday	Thursday	Friday
3 Plant-Based Chicken Tenders Oven Baked Fries	4 Teriyaki Plant-Based Chicken Noodles & Broccoli <i>Mini Muffin</i> *Stawberry Milk Available*	5 Cheese Lasagna w/ Marinara Sauce WG Dessert	6 Burrito Bowl w/ Beans & Corn	7 Grilled Cheese Sandwich Baby Carrots
10 Plant-Based Chicken Tenders Mashed Potatoes	11 Vegetarian Burger Oven Baked Fries <i>Ketchup</i>	12 Cheese Lasagna w/ Marinara Sauce	13 <i>Breakfast 4 Lunch</i> French Toast Sticks, Plant-based "Chicken" Tenders & Potato Wedges <i>Syrup</i> <i>Cheese Puffs</i>	14 Mac & Cheese Broccoli Side Salad <i>WG Cookie</i>
17 Vegetarian Burger Oven Baked Fries <i>Ketchup</i>	18 Bean & Cheese Pupusa Refried Beans	19 Sweet & Sour Plant-Based "Chicken" Tenders Brown Rice & Broccoli	20 Plant-Based "Chicken" Ramen Soup w/ Noodles & Vegetables <i>Baked Chips</i>	21 Bean & Cheese Burrito Salsa Cup
24 Plant-Based Chicken Tenders Oven Baked Fries <i>Ketchup</i>	25 Bean & Cheese Nachos Tortilla Chips	26 Cheesy Baked Ziti w/ Marinara Sauce <i>WG Cheez Its</i>	27 Cheese Tamale Mixed Vegetables	28 Plant-based "Chicken" Alfredo w/ Broccoli <i>Mini Muffin</i>
31 Bean Chili Baked Chips	1 Plant-Based Chicken Tenders Broccoli	2 Vegetarian Cheese Burger Oven Baked Fries <i>Ketchup</i>	3 Plant-based Chicken Parmesan Pasta w/ Marinara Sauce <i>WG Bites</i>	4 Cheese Enchiladas w/ Green Salsa

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Cold Lunch Menu K-12



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Monday	Tuesday	Wednesday	Thursday	Friday
3 Turkey & Cheese Sandwich Mayonnaise Packet Cucumber Slices (1/2 c)	4 Turkey Ham & Cheese Croissant (2 M/MA, 2 G/B) Baby Carrots (1/2 c)	5 Chicken Pasta Salad Mixed Vegetables	6 Wowbutter Sandwich (2M/MA, 2G) Fruitable Juice (4 oz)	7 Turkey Pastrami & Cheese Sandwich (2 M/MA, 2G/B 1/4 c veg) Mayonnaise Packet Jicama Sticks (1/2 c)
10 Deli Chicken Sandwich Mayonnaise Packet Celery Sticks (1/2 c)	11 Chicken Salad Fresh Broccoli Sour Cream & Onion Chips	12 Make Your Own Pizza Pack (2M/MA, 1 G, 1/2 c veg) Cucumber Slices (1/4 c)	13 Turkey, Cheese & Crackers Lunch Pack (2 M/MA, 1 G) Fresh Broccoli (1/2)	14 Protein Pack: String Cheese (1MA) Hard Boiled Egg (1MA) WG Crackers (1 G), Apple (1/2 c) Baby Carrots (1/2 c)
17 Turkey Ham & Cheese Croissant (2 M/MA, 2 G/B) Baby Carrots (1/2 c)	18 Wowbutter Sandwich Fruitable Juice (6 oz)	19 Turkey Club Sandwich w/ Tomatoes & Lettuce (2 M/MA, 2G, 1/2 c veg) Mayonnaise Packet	20 Turkey Ham & Cheese Croissant (2 M/MA, 2 G/B) Baby Carrots (1/2 c)	21 Deli Chicken & Cheese Sandwich Mayonnaise Packet Celery Sticks (1/2 c)
24 Mexican Chicken Salad Mixed Vegetables (1/2 c) Tortilla Chips	25 Turkey Pastrami & Cheese Sandwich Mayonnaise Packet Jicama Sticks (1/2 c)	26 Make Your Own Pizza Pack (2M/MA, 1 G, 1/2 c veg) Baby Carrots (1/4 c)	27 Chicken Salad Sandwich on WG Roll Cucumber Slices (1/2 c)	28 Protein Pack: String Cheese (1MA) Hard Boiled Egg (1MA) WG Crackers (1 G), Apple (1/2 c) Baby Carrots (1/2 c)
31 Turkey Ham & Cheese Croissant (2 M/MA, 2 G/B) Baby Carrots (1/2 c)	1 Wowbutter Sandwich Fruitable Juice (6 oz)	2 Turkey Club Sandwich w/ Tomatoes & Lettuce (2 M/MA, 2G, 1/2 c veg) Mayonnaise Packet	3 Turkey, Cheese & Crackers Lunch Pack (2 M/MA, 1 G) Fresh Broccoli (1/2)	4 Deli Chicken & Cheese Sandwich Mayonnaise Packet Celery Sticks (1/2 c)

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