



Pork, peanuts and/ or tree nuts are not used in these menus. All juices are full strength 100% juice

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH			<p>1</p> <p>¼ c Diced Chicken (2 oz) in Gravy 1 WG Mini Flat Bread ¼ c Black Bean salad ¼ c Honeydew ¾ c Milk</p> <p><i>Veg: 3/8 c Seasoned Black Beans</i></p>	<p>2</p> <p>2 Chicken Tenders w Ketchup ½ c Cornbread (1 oz) ½ c Spinach Salad w/ Italian ¼ c Pineapple Tidbits ¾ c Milk</p> <p><i>Veg: 4 Veggie Chik'n Nuggets (3 oz) w/ Ketchup</i></p>	<p>3</p> <p>1 Cheese Lasagna Roll-up (3.5 oz) w Marinara Sauce WG Lasagna noodles (1 oz eq) ¼ c Broccoli w/ Ranch ¼ c Mango ¾ c Milk</p> <p><i>Veg: Same</i></p>
	<p>6</p> <p>4 Beef Meatballs w/ Marinara Sauce 1 oz WG Hot Dog Bun ½ c Spinach Salad w/ Italian ¼ c Mandarin Oranges ¾ c Milk</p> <p><i>Veg: 3 Vegan Meatballs (3 oz) w/ Marinara sauce</i></p>	<p>7</p> <p>¼ c Chicken Strips (2 oz) in Teriyaki Sauce 1 WG Mini Flat Bread (1 oz) ½ c Tossed Salad w/ Ranch ¼ c Tropical Fruit Salad ¾ c Milk</p> <p><i>Veg: Tofu (3 oz) in Teriyaki sauce</i></p>	<p>8</p> <p>½ c Beef (2 oz) and Bean Chili ½ c Cornbread (1 oz) ½ c Shredded Lettuce ¼ c Apple Slices ¾ c Milk</p> <p><i>Veg: Bean Chili (3/8 c Pinto Beans)</i></p>	<p>9</p> <p>Make your Sandwich ¼ c Chicken Salad 1 WG Bun (1.12 oz) ¼ c Carrots w/ Veggie Dip ¼ c Pears ¾ c Milk</p> <p><i>Veg: 2 oz Mozzarella Cheese</i></p>	<p>10</p> <p>½ c Macaroni & Cheese (1.0 oz m/ma; 0.87 oz eq noodles) ¼ c Broccoli w/ Ranch ¼ c Fresh Fruit Salad (¾ c Milk</p> <p><i>Veg: Same</i></p>
	<p>13</p> <p>1 Chicken Drumsticks (2.5 oz) w/ BBQ Sauce 1 WG Roll (1.13 oz) ¼ c Potato Salad ¼ c Apple Slices ¾ c Milk</p> <p><i>Veg: 2 Chix Tenders (2.5 oz) w/ / BBQ Sauce</i></p>	<p>14</p> <p>Make your Wrap 3 Turkey slices (1.5 oz) 1 Cheese slice (0.75 oz) 1 WW Tortilla (1 oz) ½ c Spinach Salad w/ Ranch 2 Orange Wedges ¾ c Milk</p> <p><i>Veg: 2 oz Fresh Mozzarella Cheese</i></p>	<p>15</p> <p>4 Chicken Nuggets (3.2 oz) w/ Ketchup 1 WG Roll (1.13 oz) ½ c Tossed salad w/ Italian ¼ c Pears ¾ c Milk</p> <p><i>Veg: 4 Veggie Chik'n Nuggets (3 oz) w/ Ketchup</i></p>	<p>16</p> <p>Make your Sandwich 1 Hamburger Patty (1.75 oz) w/ BBQ Sauce 1 WG Bun (1.12 oz) ¼ c Cucumber & Tomato Slice ¼ c Tropical Fruit Salad ¾ c Milk</p> <p><i>Veg: 1 Black Bean Burger (2.9 oz) w/ BBQ Sauce</i></p>	<p>17</p> <p>Make your Pizza 2 oz Shredded Mozzarella 1 WG Mini Flat Bread (1 oz) ¼ c Hot Marinara Sauce ¼ c Broccoli w/ Italian ¼ c Fresh Fruit Salad (Pineapple, Cantaloupe and Honeydew) ¾ c Milk</p> <p><i>Veg: Same</i></p>
	<p>20</p> <p>Make your Fajita ½ c Chicken Fajita mixture ¼ c Chicken Strips (2 oz) 1 WW Tortilla (1 oz) ¼ c Shredded Lettuce ¼ c Peaches ¾ c Milk</p> <p><i>Veg: Fajita mixture w/ 3/8 c Seasoned Black Beans</i></p>	<p>21</p> <p>Make your Sandwich 1 Hamburger Patty (1.75 oz) w/ BBQ Sauce 1 WG Bun (1.12 oz) ¼ c Chickpeas Salad w Diced Cucumber ¼ c Mango ¾ c Milk</p> <p><i>Veg: 1 Veggie Burger (2.5 oz) w/ BBQ Sauce</i></p>	<p>22</p> <p>½ c Spanish Rice with Chicken & Peas (¼ c (2 oz) Diced Chicken, ¼ c Brown Rice ¼ c Broccoli w/ Ranch ¼ c Fresh Fruit Salad (Pineapple, Cantaloupe and Honeydew) ¾ c Milk</p> <p><i>Veg: Spanish Rice w/ 3/8 c Black Beans</i></p>	<p>23</p> <p>4 Beef Meatballs (2 oz) w/ Marinara sauce 1 pc Parmesan Cheese 1 Hot Dog WG Bun (2 oz) ½ c Spinach Salad w/ Italian ¼ c Pears ¾ c Milk</p> <p><i>Veg: 3 Vegan Meatballs (3 oz) w/ Marinara sauce</i></p>	<p>24</p> <p>½ c Macaroni & Cheese (1.0 oz m/ma; 0.8 oz eq noodles) ¼ c Zucchini Sticks ¼ c Honeydew ¾ c Milk</p> <p><i>Veg: Same</i></p>
	<p>Memorial Day</p>	<p>28</p> <p>4 Chicken Nuggets (3.2 oz) w/ Ketchup 1 WG Roll (1.13 oz) ¼ c Coleslaw ¼ c Peaches ¾ c Milk</p> <p><i>Veg: 4 Veggie Chik'n Nuggets (3 oz) w Ketchup</i></p>	<p>29</p> <p>1 Cheese Lasagna Roll-up (3.5 oz) w Marinara Sauce WG Lasagna noodles (1 oz eq) ½ c Spinach Salad w/ Italian ¼ c Fresh Fruit Salad (Pineapple, Cantaloupe and Honeydew) ¾ c Milk</p> <p><i>Veg: Same</i></p>	<p>30</p> <p>1 Meatloaf (3.15 oz) w/ Gravy 1 WG Roll (1.13 oz) ¼ c Broccoli w/ Ranch ¼ c Pears ¾ c Milk</p> <p><i>Veg: 1 Veggie Burger (2.5 oz) w/ BBQ Sauce</i></p>	<p>31</p> <p>Make your Sandwich 1 Veggie Burger w/ Mayo 1 WG Bun (1.12 oz) ¼ c Cucumber and Tomatoes Slices ¼ c Tropical Fruit Salad ¾ c Milk</p> <p><i>Veg: Same</i></p>

Fresh Fruit Salad includes Pineapple, Cantaloupe and Honeydew. Seasonal rotation of fresh fruits available to include- Strawberries, Watermelon, Peaches, Whole Milk served to children 12 months-24 months; Low-Fat (1%) milk served to children over 2 years old. Serving Size: ½ c Milk for 1-2 years old; ¾ c Milk for 3-5 years old; 1 c Milk for 6-12 years old.

This institution is an equal opportunity provider.