



MAY MENU



Monday	Tuesday	Wednesday	Thursday	Friday
			A Teriyaki Dippers B Mozzarella Sticks Rice Pilaf Vegetable Bar Fresh Apples 1	A Turkey Italian Sandwich B BBQ Rib Pasta Salad Vegetable Bar Watermelon Chunks Oatmeal Raisin Cookie 2
A Quesadilla B Egg Salad Roll Green Beans Vegetable Bar Peaches 5	A Pretzel w/cheese sauce B Chicken Fajitas Potato Salad Peas/Vegetable Bar Peaches 6	EARLY RELEASE DAY A Chicken Burger Granola Bar Carrot Sticks Fresh Fruit 7	A Shepherd's Pie B Shrimp Poppers Mashed Potato Green Beans/Vegetable Bar Mandarin Oranges 8	A Spaghetti w/plain or meat sauce B Fishwich Breadstick Broccoli/Vegetable Bar Fresh Fruit 9
A Sloppy Joe on a Bun B Corn Dog Macaroni, Whole Wheat Carrots Pineapple Chunks 12	A French Toast Sticks B BBQ Chicken Hashbrowns Vegetable Bar Bananas 13	A Bagel Pizza B Chicken Nuggets Mashed Potato Vegetable Bar Fresh Fruit 14	A Meatball Sub B Parmesan Turkey Ranch Wrap Corn/Vegetable Bar Fruit Cocktail 15	A Macaroni & Cheese B Fun Fish Wheat Roll Broccoli Salad Winter Squash Fresh Fruit 16
A Cheese or Ham Pizza B Chicken Salad Sandwich Peas/Vegetable Bar Pumpkin Cake/Fresh Fruit 19	A Roast Beef & Cheddar Melt Wrap B Oven Fried Chicken Brown Rice Vegetable Bar Peaches 20	A Roast Turkey B Taco Beef Wrap Baked Sweet Potato Broccoli/Vegetable Bar Fresh Fruit 21	A Chicken Pot Pie B Pulled Pork Sandwich Vegetable Bar Fresh Fruit 22	A Waffles w/fruit topping Turkey Sausage Link B Hot Ham & Cheese Wrap Green Beans/Vegetable Bar Orange Halves 23
HOLIDAY NO SCHOOL 26	A Cheese Ravioli B Hot Dog on a Roll Garden Salad Pears/Jello 27	A Turkey Italian Sandwich B Stuffed Shells Vegetable Bar Applesauce 28	A Hot Turkey Sandwich B Hot Ham & Cheese Wrap Mashed Potato Mixed Vegetables/Vegetable Bar Fresh Fruit 29	A Nachos B Fun Fish Carrots/Vegetable Bar Brownies Fresh Fruit 30

Monthly Average							
	% of			% of			
	Average	Target	Target	Average	Calories	Target	
Calories	652	645	101%	Total Fat	19.16G	26.44%	<30.00%
				Saturated Fat	6.02G	8.31s%	<10.00%

****All meals served with milk and juice. Menu is subject to change without notice.**

Breakfast:
Monday: ½ Bagel w/cream cheese or Cereal & Yogurt
Tuesday: Breakfast Sandwich or Cereal & Yogurt
Wednesday: French Toast or Waffle w/Fruit Topping or Cereal & Yogurt
Thursday: ½ Bagel w/cream cheese or Cereal & Yogurt
Friday: Breakfast Burrito or Cereal & Yogurt

Choice C Everyday: Peanut Butter & Jelly Sandwich on 100% Whole Wheat Bread

**Available every morning: Fresh fruit, milk or juice