

Milk is served with lunch

## Lunch Menu May 2022



| <b>Monday</b>                            | <b>Tuesday</b>  | <b>Wednesday</b>   | <b>Thursday</b>   | <b>Friday</b>  |
|--|---|--|---|--|
| <b>2</b><br>Pizza<br>Fruit<br>Vegetable  | <b>3</b><br>Beef Tacos<br>Lettuce,<br>Tomatoes and<br>Cheese<br>Fruit     | <b>4</b><br>Italian Pasta<br>Salad<br>Peas<br>Cheese Stick<br>Fruit  | <b>5</b><br>Turkey Sloppy<br>Joes<br>Baked Fries<br>Fruit       | <b>6</b><br>Ham and Cheese<br>Sandwich<br>Vegetable<br>Fruit |
| <b>9</b><br>Pizza<br>Fruit<br>Vegetable  | <b>10</b><br>Pork<br>Potatoes<br>Vegetable<br>Fruit<br>Roll               | <b>11</b><br>Lasagna<br>Vegetable<br>Fruit                           | <b>12</b><br>Pulled Pork<br>Coleslaw<br>Watermelon<br>Roll      | <b>13</b><br>Tuna Sandwich<br>Vegetable<br>Fruit             |
| <b>16</b><br>Pizza<br>Fruit<br>Vegetable | <b>17</b><br>Chicken Tacos<br>Lettuce,<br>Tomatoes and<br>Cheese<br>Fruit | <b>18</b><br>Meatloaf<br>Potatoes<br>Corn<br>Fruit<br>Roll           | <b>19</b><br>Ham and Broccoli<br>Casserole<br>Fruit<br>Roll     | <b>20</b><br>Chicken Pasta<br>Salad<br>Fruit                 |
| <b>23</b><br>Pizza<br>Fruit<br>Vegetable | <b>24</b><br>Italian Chicken<br>Rice<br>Vegetable<br>Fruit                | <b>25</b><br>Baked Cod<br>Vegetable<br>Fruit<br>Roll                 | <b>26</b><br>Chicken Ranch<br>Pasta Salad<br>Vegetable<br>Fruit | <b>27</b><br>Egg Salad<br>Sandwich<br>Vegetable<br>Fruit     |
| <b>30</b><br>Pizza<br>Fruit<br>Vegetable | <b>31</b><br>Cheese and<br>Vegetable<br>Echiladas<br>Fruit                | <b>1</b><br>Ham and Cheese<br>Egg Bake<br>Vegetable<br>Fruit<br>Roll | <b>2</b><br>Hamburgers<br>Baked Fries<br>Fruit                  | <b>3</b><br>Turkey Ranch<br>Wrap<br>Vegetable<br>Fruit       |

**Breakfast** consists of unflavored whole milk for children one year old, unflavored low-fat or fat-free milk for children older than two years old; a fruit; and one of the following whole grain cereals: Cherrios, Rice Chex, Corn Chex, Wheat Chex.

**Afternoon snack** consists of one grain, protein, or dairy product and one fruit or vegetable.

**Note:** non-dairy milk substitutes that are nutritionally equivalent to milk may be served in place of milk to children or adults with medical or special dietary needs. All hotdish and casserole dishes include rice or noodles. A protein like beans, veggie burgers, or tofu will be served in place of meat as needed for those who do not eat meat.