



**Lunch Menu
9-12th Grade
May 2023**

Serving Sizes are as follows:

9 – 12th Grade – Meat/MA 2oz, Grain 2oz, Vegetable 1 cup, Fruit 1 cup, Low Fat or 1% unflavored or flavored milk 8oz

Monday	Tuesday	Wednesday	Thursday	Friday
<p>May 1</p> <p>WG Chicken Tenders Dinner Roll Mashed Potatoes Cooked Carrots Honey Mustard Fruit Milk Veggie Nuggets</p>	<p>May 2</p> <p>Mac & Cheese w. WG Pasta Green Beans Fruit Milk</p>	<p>May 3</p> <p>BBQ Chicken & Cheese on WG Flour Tortilla Fresh Broccoli w/ Ranch Carrot Sticks Fruit Milk Tofu BBQ</p>	<p>May 4</p> <p>Turkey Sausage String Cheese (3+) WG French Toast Breakfast Potatoes Fruit Milk Veggie Sausage</p>	<p>May 5</p> <p>Taco Beef w. Cheddar Cheese Rice WG Tortilla Chips Corn & BB Salad Fruit Milk Bean Burrito Cinco de Mayo!</p>
<p>May 8</p> <p>Turkey BBQ WG Sandwich Roll Roasted Potatoes Fruit Milk Lentil BBQ</p>	<p>May 9</p> <p>Italian Meatball Hoagie w/ Provolone Cheese WG Hoagie Roll Peas Fruit Milk Veggie Meatballs</p>	<p>May 10</p> <p>Turkey Ham & Cheese on WW Bread Carrots Sticks w/ Ranch Garbanzo Beans Fruit Milk Cheese Sandwich</p>	<p>May 11</p> <p>Hamburger w/ Cheddar Cheese WG Sandwich Roll Green Beans Fruit Milk Veggie Burger</p>	<p>May 12</p> <p>Pizza Sticks Cooked Broccoli Cooked Carrots Fruit Milk</p>
<p>May 15</p> <p>Grilled Chicken Parmesan w/Marinara Sauce and Mozzarella Cheese over WG Pasta Cooked Carrots Fruit Milk Veggie Meatball Parmesan</p>	<p>May 16</p> <p>Turkey Ham and Cheese on WW Wrap Tomato & Cucumber Salad Fruit Milk Sunbutter and Grape-fruit Spread on WG Bread</p>	<p>May 17</p> <p>Chef Salad (Diced Turkey, Diced Turkey Ham) Garbanzo Beans WG Dinner Roll x2 w/ Butter Ranch Dressing Fruit Milk Chic Pea Garden Salad</p>	<p>May 18</p> <p>Balsamic Chicken Brown Rice Peas Fruit Milk Balsamic Tofu</p>	<p>May 19</p> <p>Pizza Bagel on WG Bagel Marinara Sauce Mozzarella Cheese Carrot Sticks x2 Fruit Milk National Pizza Party Day</p>
<p>May 22</p> <p>Turkey Ham Mac & Cheese w. WG Pasta Green Beans Fruit Milk Mac & Cheese w. WG Pasta</p>	<p>May 23</p> <p>Hot Dog Bun Mashed Potatoes Fruit Milk Veggie Chili</p>	<p>May 24</p> <p>Turkey & Cheese Sandwich on WG Bread Carrot Sticks w/ Ranch Garbanzo Beans Fruit Milk Cheese Sandwich</p>	<p>May 25</p> <p>Swedish Meatballs Buttered Noodles Mix Vegetables Fruit Milk Veggie Meatballs</p>	<p>May 26</p> <p>Chicken Gyro on WG Pita Bread Shredded Lettuce Fresh Broccoli w/ Ranch Tzatziki Sauce Fruit Milk Cheese Sandwich</p>
<p>May 29</p> <p>CLOSED HAPPY MEMORIAL DAY!</p>	<p>May 30</p> <p>Cheese Tortellini in Marinara w/Mozzarella Cheese Dinner Roll Green Beans Fruit Milk</p>	<p>May 31</p> <p>Italian Chicken Pasta Salad Garbanzo Beans Fresh Broccoli w/ Ranch Fruit Milk Edamame</p>	<p>June 1</p> <p>WG Chicken Patty BBQ Sauce WG Sandwich Roll Roasted Potatoes Fruit Milk Veggie Nuggets</p>	<p>June 2</p> <p>Turkey, Ranch and Cheddar on WW Wrap Carrot Sticks x2 Fruit Milk Edamame Wrap</p>

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