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| **May 2019**  Child’s Name  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Classroom   |  |  |  |  | | --- | --- | --- | --- | | **Date** | **1** | **2** | **3** | | **April 29** |  |  |  | | **April 30** |  |  |  | | **May 1** |  |  |  | | **May 2** |  |  |  | | **May 3 \*\*** |  |  |  | | **May 6** |  |  |  | | **May 7** |  |  |  | | **May 8** |  |  |  | | **May 9** |  |  |  | | **May 10 \*\*** |  |  |  | | **May 13** |  |  |  | | **May 14** |  |  |  | | **May 15** |  |  |  | | **May 16** |  |  |  | | **May 17 \*\*** |  |  |  | | **May 20** |  |  |  | | **May 21** |  |  |  | | **May 22** |  |  |  | | **May 23** |  |  |  | | **May 24 \*\*** |  |  |  | | **May 27** |  |  |  | | **May 28** |  |  |  | | **May 29** |  |  |  | | **May 30** |  |  |  | | **May 31 \*\*** |  |  |  |   \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| 29  Baked Chicken Nuggets, Roasted Seasonal Veggies, Fresh Fruit  Pasta w/Lean Beef Meatballs & Tomato Sauce, Roasted Veggies, Fresh Fruit  Pasta w/Olive Oil, Roasted Veggies, Fresh Fruit | 30  Chicken Caprese Sandwich, Roasted Veggies, Roll, Fresh Fruit  Chicken Caprese Sandwich **(w/o Cheese)**, Roasted Veggies, Fresh Fruit  Pasta Primavera, Roasted Seasonal Veggies, Fresh Fruit | 1  Philly Cheesesteak, Roasted Seasonal Veggies, Fresh Fruit  Beef & Broccoli Stir Fry, Lo Mein Noodles, Roasted Seasonal Veggies, Fresh Fruit  Grilled Cheese, Roasted Seasonal Veggies, Fresh Fruit | 2  Mojo Grilled Chicken w/Black Bean Salsa, Baked Plantains, Brown Rice, Fresh Fruit  Jerk Chicken Sandwich, Plantain Chips, Fresh Fruit  Mac & Cheese, Roasted Seasonal Veggies, Fresh Fruit | 3  Mexican Carne Asada w/Pico de Gallo, Spanish Rice, Roasted Seasonal Veggies, Fresh Fruit  Cheese Pizza, Veggie Chips, Fresh Fruit  Cheese Pizza, Veggies & Dip, Fresh Fruit |
| 6  Pasta w/Turkey Bolognese Sauce, Roasted Seasonal Veggies, Fresh Fruit  Baked Chicken Nuggets, Roasted Seasonal Veggies, Fresh Fruit  Baked Quorn Nuggets, Roasted Seasonal Veggies, Fresh Fruit | 7  Breakfast for Lunch--Sweet Potato Pancakes, Eggs, Fresh Fruit  Baked Ziti, Roasted Seasonal Veggies, Garlic Bread, Fresh Fruit  Pasta w/Olive Oil, Garlic Bread, Roasted Seasonal Veggies, Fresh Fruit | 8  Lean Ground Beef & Cheese Enchiladas, Rice & Beans, Fresh Fruit  Cheese Enchiladas, Rice & Beans, Fresh Fruit  Grilled Cheese, Roasted Veggies, Fresh Fruit | 9  BBQ Chicken, Baked Beans, Corn Bread, Fresh Fruit  BBQ Chicken Sandwich, Baked Beans, Corn Bread, Fresh Fruit  Mac & Cheese, Roasted Veggies, Fresh Fruit | 10  Jambalaya, Dirty Rice, Roasted Veggies, Fresh Fruit  Cheese Pizza, Veggies & Dip, Fresh Fruit  Cheese Pizza, Veggie Chips, Fresh Fruit |

1. Check off your child’s lunch order for each day (select a meal)
2. Every day you have the option of Water, Milk, or Chocolate Milk.
3. Each meal is $4.50. A full menu for the month is $108.00
4. Tear off the completed form and **RETURN by Monday, April 15th.**

Meals x $4.50 = \_\_\_\_\_\_\_\_

Paid by: check # \_\_\_\_\_\_\_

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| 13  Baked Chicken Nuggets, Roasted Veggies, Fresh Fruit  Baked Quorn Nuggets, Roasted Veggies, Fresh Fruit  Rigatoni Genovese w/Chicken, Roasted Veggies, Fresh Fruit | 14  Picadillo, Baked Plantains, Roasted Veggies, Fresh Fruit  Vegetarian Picadillo, Baked Plantains, Roasted Veggies, Fresh Fruit  Cheese Tortellini w/Olive Oil, Roasted Seasonal Veggies, Fresh Fruit | 15  Chicken Teriyaki Bowl (Chicken over Fried Rice), Steamed Veggies, Fresh Fruit  Teriyaki Chicken Sandwich, Steamed Veggies, Fresh Fruit  Grilled Cheese, Roasted Seasonal Veggies, Fresh Fruit | 16  Lean Beef Burgers, Roasted Veggies, Fresh Fruit  Lean Beef Meatballs w/Tomato Sauce, Roll, Roasted Veggies, Fresh Fruit  Mac & Cheese, Roasted Seasonal Veggies, Fresh Fruit | 17  Fish Tacos w/Slaw, Roasted Potatoes, Fresh Fruit  Cheese Pizza, Veggies & Dip, Fresh Fruit  Cheese Pizza, Veggie Chips, Fresh Fruit |
| 20  Pasta w/Low Fat Alfredo Sauce w/Chicken, Roasted Veggies, Fresh Fruit  Pasta w/Low Fat Alfredo Sauce, Roasted Veggies, Fresh Fruit  Baked Chicken Nuggets, Glazed Carrots, Fresh Fruit | 21  Lean Beef Tacos, Rice & Beans, Fresh Fruit  Veggie Crumble Tacos, Rice & Beans, Fresh Fruit  Pasta w/Tomato Sauce, Roasted Seasonal Veggies, Fresh Fruit | 22  Lemon Pepper Chicken w/Lo Mein Noodles, Steamed Veggies, Fresh Fruit  Buffalo Chicken & Blue Cheese Sandwich, Roasted Potatoes, Fresh Fruit  Grilled Cheese, Roasted Potatoes, Fresh Fruit | 23  Turkey Meatball Sub, Roasted Seasonal Veggies, Fresh Fruit  Turkey Meatballs w/Tomato Sauce, Roll, Roasted Seasonal Veggies, Fresh Fruit  Mac & Cheese, Roasted Seasonal Veggies, Fresh Fruit | 24  Chicken Chop w/Saffron Rice, Black Beans, Roasted Veggies, Fresh Fruit  Cheese Pizza, Veggies & Dip, Fresh Fruit  Cheese Pizza, Veggie Chips, Fresh Fruit |

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| 27  NO YUMMY LUNCHES      MEMORIAL DAY | 28  Baked Chicken Nuggets, Roasted Veggies, Fresh Fruit  Baked Quorn Nuggets, Roasted Veggies, Fresh Fruit  Cheese Ravioli w/Tomato Sauce, Roasted Seasonal Veggies, Fresh Fruit | 29  “Make Your Own Yummy...” Chicken Fajitas, Brown Rice, Black Beans, Fresh Fruit  “Make Your Own Yummy...” Tofu Fajitas, Brown Rice, Black Beans, Fresh Fruit  Grilled Cheese, Roasted Seasonal Veggies, Fresh Fruit | 30  Baked Fish Sticks w/Slaw (on the side), Roasted Potato Wedges, Fresh Fruit  Breaded & Baked Fish Sandwich w/Slaw (on the side), Roasted Potatoes, Fresh Fruit  Mac & Cheese, Roasted Veggies, Fresh Fruit | 31  Beef Gyro w/Tzatziki, Sautéed Peppers, Tomatoes & Onions, Veggie Chips, Fresh Fruit  Cheese Pizza, Veggies & Dip, Fresh Fruit  Cheese Pizza, Veggie Chips, Fresh Fruit |