



May Lunch Menu 2023



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack	Cereal w/milk 1	English Muffin w/ jelly 2	Pancakes and Oranges 3	Bagel w/ Sun Butter 4	Muffins w bananas 5
Lunch	Spaghetti with meat sauce, garlic bread, cucumber salad Vegetarian Option-Vegan Nuggets	Cowboy Poppers- diced chicken, baked beans, cornbread poppers, and diced pears vegan chicken	Tasty Toast Grilled Cheese, green beans, strawberries	Eggs and Turkey Ham, vegetable , mixed fruit Vegetarian Option-vegan crumbles	Chicken Parm Sandwich, broccoli, WG roll, bananas Vegetarian Option Vegetarian Chicken
PM Snack	peppers and ranch	Cheese and Apple Slices	Cucumbers and guacamole	Fruit Salad	strawberry/banana popsicle's
AM Snack	Cereal w/milk 8	Apple Cinnamon Loaf 9	French Toast Sticks 10	English Muffin/Sun butter 11	yogurt 12
Lunch	Broccoli and Cheese Flat bread Pizza, Apples	Fish Sticks, Quinoa, Green Beans, Pineapples and Roll	Pierogies, corn, and peaches	Waffles, turkey sausage, hashbrowns, carrots, pears	Chicken sandwich, mixed vegetables, banana
PM Snack	Pita and Guacamole	Cheese and Apple Slices	Cucumbers and guacamole	Fruit Salad	Oranges
AM Snack	Cereal w/milk 15	Apple Cinnamon Loaf 16	Pancakes w mixed fruit 17	English Muffin 18	Cereal Bar w bananas 19
Lunch	Sliced turkey/cheese on flatbread, sweat potatoes, and apples Vegetarian Option- sun butter and jelly sandwich	Bean and cheese quesadilla, black beans, rice, and corn on WG tortilla, peaches	Chicken and waffles, green beans, and peaches Vegetarian Option-Vegan Chicken	Pasta Italian, zucchini slices, WG Pasta, and apples Vegetarian Option-Vegan chicken cubes	Turkey Ham, peas, WG Hawaiian slider roll, pineapple tidbits. Vegetarian Option- sun butter and jelly sandwich
PM Snack	WG Goldfish	apples and sun butter	Pita and Hummus	mixed berry popsicle's	Cucumbers and guacamole
AM Snack	Cereal w/ milk 22	Apple Slices w sun butter 23	Bagel w/ Sun Butter 24	Mixed Fruit and cereal bar 25	French Toast/Bananas 26
Lunch	Chicken Stir Fry, WG Brown rice, and mandarin oranges Vegetarian Option- vegan chicken	Pizza, broccoli, salad, and clementine Vegetarian Option- Hummus Pizza and Bread Sticks	Crunchy Chicken Wrap, sweet potatoes, lettuce and tomato on WG tortilla and apples	Lil'Laua Slider- turkey crumble, mixed vegetable, WG Hawaiian roll, Pineapples	Tasty Toast Grilled Cheese, green beans, strawberries
PM Snack	broccoli and hummus	Pita w hummus	broccoli w guacamole	String Cheese w/ Crackers	Fruit Salad
AM Snack	29	Apple Cinnamon Loaf 30	Yogurt with fruit 31		
Lunch	CBA CLOSED	Spaghetti with meat sauce, garlic bread, cucumber salad	Cowboy Poppers- diced chicken, baked beans, cornbread poppers, and diced pears vegan chicken		
PM Snack		oranges	pita and hummus		

* Menu is subject to change. Milk is served with Lunch. Water is served with AM and PM Snack.

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