



May 2022 – Lunch & Vegetarian Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	3 (V) Quiche Peas Whole wheat bread/butter* Fresh fruit	4 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit	5 Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit	6 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit
9 Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit	10 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	11 Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit	12 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit	13 (V) Lasagna Tossed salad Fresh fruit
16 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit	17 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	18 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	19 Hamburger slider (V) Black bean burger #^ Bean medley *Whole wheat roll Fresh fruit	20 BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables *Whole wheat bread/butter Fresh fruit
23 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame *Whole wheat roll Fresh fruit	24 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	25 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit	26 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit	27 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit
30 CLOSED FOR MEMORIAL DAY	31 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit		Age-appropriate milk must be served with lunch	Fresh fruits include but are not limited to apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider

(V) Vegetarian meal ***Whole grain**
#Gluten free **^Vegan**