


Menu

May 2018

Lunch

	Monday	Tuesday	Wednesday	Thursday	Friday	
30	1	2	3	4		
Main:	Chicken Patties Sandwich	Linguine Pasta w Alfredo Sauce	Fish Sticks	Grilled Cheese Sandwich	Teriyaki Chicken & Steamed Brown Rice	
Side:	Garden Salad	Steamed Green Beans	Mashed Potato	Potato Soup & Salad	Mixed Vegetables	
Fruit:	Bananas or Pineapple	Mixed Fruit or Watermelon	Peaches or Grapes	Apples or Tropical Fruit	Orange or Mandarin	
Vegetarian:	Veg: Grilled Cheese Sandwich	Veg: Linguine w Alfredo Sauce	Veg: Mozzarella Cheese Sticks	Veg: Cheese Sandwich & Tater Tots	Veg: Veg. Fried Rice	
7	8	9	10	11		
Main:	Turkey and Cheese Sandwich	Rigatoni w. Garden Sauce	Cheese Quesadillas	Hotdog (Chicken or Turkey)	Lentil & Rice Pilaf w. Turkey Sausage	
Side:	Chef Salad	Steamed Seasoned Beans	Corn & Black Beans	Tater Tots	Peas & Carrots	
Fruit:	Mixed Fruit or Watermelon	Bananas or Pineapple	Peaches or Grapes	Apples or Tropical Fruit	Orange or Mandarin	
Vegetarian:	Veg: Cheese Sandwich	Veg: Rigatoni w. Garden Sauce	Veg: Veggie Quesadillas	Veg: Cheese Sandwich & Tater Tots	Veg: Veggie Lentil & Rice Pilaf	
14	15	16	17	18		
Main:	Farfalle Pasta w Marinara Sauce	Turkey & Cheese Taco	Butternut Squash Chili	Grilled Cheese Sandwich	Chicken & Turkey Sausage Paella	
Side:	Seasoned Green Beans	Lettuce & Tomato Salad Mix	Wheat Roll	Tomato Soup & Salad	Mixed Vegetables	
Fruit:	Mixed Fruit or Watermelon	Banana	Peaches or Grapes	Apples or Tropical Fruit	Orange or Mandarin	
Vegetarian:	Veg: Farfalle Pasta w Marinara	Veg: Bean & Cheese Taco	Veg: Butternut Squash Chili	Veg: Grilled Cheese Sandwich	Veg: Veggie Paella	
21	22	23	24	25		
Main:	Tostadas w. Seasoned Turkey	Spaghetti Pasta w. Bolognese Sauce	Cheese & Bean Enchiladas	Mozzarella Cheese Sticks	Vegetarian Taco Soup	
Side:	Shredded Lettuce, Tomato & Cheese	Chef Salad	Spanish Rice	Steamed Baby Carrots	Corn & Bean w Wheat Roll	
Fruit:	Peaches or Grapes	Mixed Fruit or Watermelon	Peaches or Grapes	Apples or Tropical Fruit	Orange or Mandarin	
Vegetarian:	Veg: Tostadas w. Lettuce, Tomato & Cheese	Veg: Spaghetti w. Garden Sauce	Veg: Cheese/Bean Enchiladas	Veg: Mozzarella Cheese Stick	Veg: Taco Soup	
28	29	30	31	1		
Main:			Polenta w. Turkey Sausage	Baked Chicken Nuggets	White Rice w Grilled Chicken	
Side:			Fusilli Pasta w. Garden Sauce	Cheesy Veggies	Mashed Potato	Vegetables Medley
Fruit:			Tossed Salad	Peaches or Grapes	Apples or Tropical Fruit	Orange or Mandarin
Vegetarian:			Mixed Fruit or Watermelon	Veg. Carrot w. Cheese Sauce Polenta	Veg: Cheese Sticks	Veg: Veggie Paella
			WEEKLY SNACKS			
	Monday	Tuesday	Wednesday	Thursday	Friday	
Breakfast	Muffins	Waffles w. Syrup	Raisin Bran Cereal	French Toast Sticks	Cheerios w. Milk	
AM Snack:	Gold Fish	Pretzels	Yogurt	String Cheese & Cracker	Cheese Nips	
PM Snack:	Applesauce with Graham Crackers	Animal Crackers	Ritz Crackers	Vanilla Wafers	Friday Special Healthy Snack	

Milk and water are served at each meal !!!