

## Menu

May 2025

## Lunch

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>28</b>		<b>29</b>	<b>30</b>	<b>1</b>	<b>2</b>
<b>Main:</b>				Turkey & Cheese Sandwich Whole Wheat	Vegetarian Brown Rice
<b>Side:</b>				Mixed Green Salad	Pinto Beans
<b>Side:</b>				Shredded Carrots	Cauliflower
<b>Fruit:</b>				Watermelon	Mixed Fruits
<b>Vegetarian:</b>				Veg: Grilled Cheese Sandwich	Veg: Brown Rice & Vegetables
<b>5</b>	Baked Ziti with Garden Sauce	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>Main:</b>	Seasoned Green Beans	Mexican Vegetables Soup	Turkey & Cheese Taco	Broccoli Cheese Pasta Whole Wheat	Yellow Rice & Turkey Sausage
<b>Side:</b>	Carrots	Garden Salad	Black Beans	Broccoli	Diced Tomatoes
<b>Side:</b>	Bananas	Cherry Tomatoes	Corn	Red Green Pepper & Onion	Black Eye Peas
<b>Fruit:</b>		Apples	Oranges	Watermelon	Mixed Fruits
<b>Vegetarian:</b>	Veg: Baked Ziti with Garden Sauce	Veg: Mexican Vegetables Soup	Veg: Bean & Cheese Taco	Veg: Broccoli & Cheese Pasta	Veg: Yellow Rice/Peas & Carrots
<b>12</b>		<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>Main:</b>	Fettucine Cheese Alfredo	Turkey & Cheese Wheat Sandwich	Chicken & Cheese Quesadillas	Whole Wheat Tuscan Veggie Pasta	Mexican Rice and Chicken
<b>Side:</b>	Carrots	Mixed Green Salad	Black Beans	Sweet Peas	Chick Peas
<b>Side:</b>	Broccoli	Cherry Tomatoes	Corn	Red Green Pepper & Onions	Green beans
<b>Fruit:</b>	Bananas	Apples	Oranges	Watermelon	Mixed Fruits
<b>Vegetarian:</b>	Veg: Fettucine w Alfredo Sauce	Veg: Cheese Sandwich	Veg: Black Beans & Corn Quesadillas	Veg: Tuscan Veggie Pasta	Veg: Mexican Rice/Red Beans
<b>19</b>		<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>Main:</b>	Spaghetti Pasta w. Garden Sauce	Grilled Cheese Sandwich	Hotdogs (Turkey or Chicken)	Veggie Primavera Whole Wheat Pasta	Teriyaki Rice & Grilled Chicken
<b>Side:</b>	Carrots	Tomato Soup	Mixed Green Salad	Broccoli	Corn
<b>Side:</b>	Cauliflower	Garden Salad	Corn	Red & Green Pepper w Onions	Green Beans
<b>Fruit:</b>	Bananas	Apples	Oranges	Watermelon	Mixed Fruits
<b>Vegetarian:</b>	Veg: Rotini Pasta	Veg: Grilled Cheese Sandwich	Veg: Cheese Sandwich	Veg: Veggie Primavera	Veg: Teriyaki Rice & Veggies
<b>26</b>		<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
<b>Main:</b>	<b>MSSL CLOSED</b>	Vegetarian Black Bean Chili	Chicken & Ranch Wrap	Whole Wheat Spaghetti w Garden Sauce	Vegetables Fried Rice (Oil Free)
<b>Side:</b>	<b>MEMORIAL DAY</b>	Black Beans	Garden Salad	Sweat Peas	Red Beans
<b>Side:</b>		Diced Tomatoes & Corn	Shredded Carrots	Carrots	Cauliflower
<b>Fruit:</b>		Apples	Oranges	Watermelon	Mixed Fruits
<b>Vegetarian:</b>		Veg: Black Bean Chili	Veg: Cheese Wrap w/Lettuce & Tomato	Veg: Spaghetti w Garden Sauce	Veg: Fried Rice & Vegetables
<b>WEEKLY SNACKS</b>					
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	<b>Cheerios with Raisins</b>	French Toast Sticks with Bananas	Rice Krispies with Apples	Waffles with Oranges	<b>Post Grape Nuts Flake with Watermelon</b>
<b>AM Snack:</b>	Animal Crackers with Milk	<b>Wheat Thins with Milk</b>	<b>Wheat Toast with 100% American Cheese</b>	String Cheese with Club Crackers	Graham Crackers with Milk
<b>PM Snack:</b>	Ritz Crackers with Bananas	Goldfish with Apples	Cheez-It with Oranges	Pretzels with Watermelon	Chex Mix with Apple Juice

Milk and water are served at each meal / Fruits are seasonal and may vary