



## Lunch Menu

### May 2022

This institution is an equal opportunity provider.

#### Family Style Menu

Approved by Haley Havighurst, RDN

Serving Sizes are as follows:

12months – 24 months Old – m/ma 1oz, Fruit 1/8 c, vegetable ¼ c, grain ½ oz, 4oz Plain Whole Milk  
(menu modifications in italics)

24months – 36months Old - m/ma 1oz, Fruit 1/8 c, vegetable ¼ c, grain ½ oz, 4oz Plain 1% Milk  
(menu modifications in italics)

3-5 Year Old – m/ma 1.5oz, Fruit ¼ c, vegetable ¼ c, grain ½ oz, 6oz 1% Plain Milk

School Age – m/ma 2oz, fruit ¼ c, vegetables ½ c, grain 1oz, 8oz 1% Plain or Chocolate Milk

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>May 2</b> Roast Turkey w/ Gravy WW Bread Green Beans Fruit Milk <b>Tofurky w/ Gravy</b></p>	<p><b>May 3</b> Hamburger on WG Bun w/ Sliced Cheddar Cheese Roasted Potatoes Fruit Milk <b>Veggie Burger</b></p>	<p><b>May 4</b> Turkey Ham and Cheese on WW Bread Mayo Carrot Sticks w/ Ranch (cooked Carrots) Fruit Milk <b>Cheese Sandwich on WW Bread</b></p>	<p><b>May 5</b> BBQ Meatballs Brown Rice Peas Fruit Milk <b>Veggie Meatballs</b></p>	<p><b>May 6</b> Chicken &amp; Cheese Burrito on WG Flour Tortilla Corn Fruit Milk <b>Bean Burrito</b></p>
<p><b>May 9</b> Turkey Sausage WG French Toast Breakfast Potatoes Fruit Milk <b>Veggie Sausage</b></p>	<p><b>May 10</b> Grilled Chicken Romaine Lettuce w/ Parmesan Cheese and CROUTONS Caesar Dressing Fruit Milk <b>Edamame</b></p>	<p><b>May 11</b> Turkey &amp; Cheese on WW Bread Mayonnaise Carrot Sticks (Cooked Peas) Ranch Dressing Fruit Milk <b>SunButter &amp; Grape Fruit Spread Sandwich on WW Bread</b></p>	<p><b>May 12</b> Grilled Chicken WG Pasta w/ Sauce Broccoli Fruit Cocktail Milk <b>Veggie Patty on Wheat Bread</b></p>	<p><b>May 13</b> <b>Mac &amp; Cheese w/ WG Pasta</b> Cooked Carrots Fruit Milk</p>
<p><b>May 16</b> Beef BBQ on WG Bun Potato Wedges Fruit Milk <b>Veggie Bean BBQ</b>  "National BBQ Day"</p>	<p><b>May 17</b> Chicken Salad on WG Bun Carrot Sticks w/ Ranch (cooked Carrots) Fruit Milk <b>Cheese Sandwich on WW Bread</b></p>	<p><b>May 18</b> Grilled Chicken Garden Salad Ranch Dressing WG Dinner Roll w/ Butter Fruit Milk <b>Edamame</b></p>	<p><b>May 19</b> Swedish Meatballs WG Pasta Peas Fruit Milk <b>Veggie Meatballs</b></p>	<p><b>May 20</b> Beef &amp; Cheese Burrito on WG Flour Tortilla Tomato/Cucumber Salad Fruit Milk <b>Bean Burrito</b></p>
<p><b>May 23</b> Teriyaki Chicken Fried Brown Rice Peas and Carrots Mandarin Oranges Milk <b>Teriyaki Tofu</b></p>	<p><b>May 24</b> Chicken Patty Sandwich WG Sandwich Roll Sweet Potato Tots Fruit Milk <b>Veggie Burger</b></p>	<p><b>May 25</b> Turkey and American on WG Bun Mayo Side Garden Salad w/ Italian Dressing (<i>Diced and Peeled Cucumber</i>) Fruit Milk <b>SunButter &amp; Grape Fruit Spread Sandwich on WW Bread</b></p>	<p><b>May 26</b> Hamburger Macaroni &amp; Cheese w/ WG Pasta Green Beans Fruit Milk <b>Mac &amp; Cheese</b></p>	<p><b>May 27</b> <b>SunButter and Grape Fruit Spread on WW Bread</b> Carrot Sticks w/ Ranch Dressing Fruit Milk</p>
<p><b>May 30</b></p>	<p><b>May 31</b> WG Chicken Nuggets Potato Wedges Ketchup Fruit Cocktail Milk <b>Veggie Patty on Wheat Bread</b></p>	<p><b>June 1</b> <b>Cheese Sandwich on WW Bread</b> Carrot Sticks (cooked carrots) Ranch Dressing Fruit Milk</p>	<p><b>June 2</b> WG Pasta w/ Meat Sauce Mixed Vegetables Fruit Milk <b>Veggie Patty on Wheat Bread</b></p>	<p><b>June 3</b> Chicken &amp; Cheese Burrito on WG Flour Tortilla Corn Fruit Milk <b>Bean Burrito</b></p>

WG = Whole Grain

Fruit options vary when in season and will be rotated based on availability: Apples, Applesauce, Flavored Applesauce, Banana, Diced Pears, Diced Peaches, Pineapple, Oranges, Pears, Cantaloupe, Honeydew, Strawberries, Fruit Cocktail, Peaches, Mandarin Oranges, Mangos