



## Main Lunch Menu May 2023

This institution is an equal opportunity provider.

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 – 36 months 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
<b>May 1</b> <b>WG Chicken Tenders</b> Mashed Potatoes Honey Mustard Fruit Milk <b>Veggie Nuggets</b>	<b>May 2</b> <b>Mac &amp; Cheese w. WG Pasta</b> Cooked Carrots Fruit Milk	<b>May 3</b> <b>BBQ Chicken &amp; Cheese on WG Flour Tortilla</b> Fresh Broccoli w/Ranch (Garbanzo Beans) Fruit Milk <b>Tofu BBQ</b>	<b>May 4</b> <b>Turkey Sausage</b> String Cheese (3+) WG French Toast Breakfast Potatoes Fruit Milk <b>Veggie Sausage</b>	<b>May 5</b> <b>Taco Beef w. Cheddar Cheese</b> WG Tortilla Chips (Flour Tortilla 1-2) Corn Fruit Milk <b>Bean Burrito</b> <b>Cinco de Mayo!</b>
<b>May 8</b> <b>Turkey BBQ</b> WG Sandwich Roll Roasted Potatoes Fruit Milk <b>Lentil BBQ</b>	<b>May 9</b> <b>Italian Meatball Hoagie w/ Provolone Cheese</b> WG Hoagie Roll Peas Fruit Milk <b>Veggie Meatballs</b>	<b>May 10</b> <b>Turkey Ham &amp; Cheese on WW Bread</b> Carrots Sticks w/ Ranch (Peeled and Diced Cucumbers) Fruit Milk <b>Cheese Sandwich</b>	<b>May 11</b> <b>Hamburger w/ Cheddar Cheese</b> Green Beans WG Sandwich Roll Fruit Milk <b>Veggie Burger</b>	<b>May 12</b> <b>Scrambled Eggs</b> WG Biscuit Tator Tots Fruit Milk
<b>May 15</b> <b>Grilled Chicken Parmesan w/Marinara Sauce and Mozzarella Cheese over WG Pasta</b> Cooked Carrots Fruit Milk <b>Veggie Meatball Parmesan</b>	<b>May 16</b> <b>Turkey Ham and Cheese on WW Wrap</b> Fresh Broccoli (Garbanzo Beans) Fruit Milk <b>Sunbutter and Grape-fruit Spread on WG Bread</b>	<b>May 17</b> <b>Chef Salad (Diced Turkey, Diced Turkey Ham)</b> WG Dinner Roll Ranch Dressing Fruit Milk <b>Chic Pea Garden Salad</b> <b>Sliced Turkey &amp; Cheddar Cheese, WG Dinner Roll, Peeled and Diced Cucumbers (1–2-year-old)</b>	<b>May 18</b> <b>Balsamic Chicken</b> Brown Rice Peas Fruit Milk <b>Balsamic Tofu</b>	<b>May 19</b> <b>Pizza Bagel on WG Bagel</b> Marinara Sauce Mozzarella Cheese <b>Carrot Sticks</b> Fruit Milk <b>National Pizza Party Day</b>
<b>May 22</b> <b>Turkey Ham Mac &amp; Cheese w. WG Pasta</b> Green Beans Fruit Milk <b>Mac &amp; Cheese w. WG Pasta</b>	<b>May 23</b> <b>Beef Chili</b> Dinner Roll Mashed Potatoes Fruit Milk <b>Veggie Chili</b>	<b>May 24</b> <b>Turkey &amp; Cheese Sandwich on WG Bread</b> Carrot Sticks w/Ranch Dressing (Garbanzo Beans 1-2) Fruit Milk <b>Cheese Sandwich</b>	<b>May 25</b> <b>Swedish Meatballs</b> Buttered Noodles Mix Vegetables Fruit Milk <b>Veggie Meatballs</b>	<b>May 26</b> <b>Chicken Gyro on WG Pita Bread</b> Shredded Lettuce (Diced Tomatoes) Tzatziki Sauce Fruit Milk <b>Cheese Sandwich</b>
<b>May 29</b> <b>CLOSED</b> <b>HAPPY MEMORIAL DAY!</b>	<b>May 30</b> <b>Cheese Tortellini in Marinara w/Mozzarella Cheese</b> Green Beans Fruit Milk	<b>May 31</b> <b>Italian Chicken Pasta Salad</b> (Grilled Chicken over WG Pasta, peas, parmesan cheese and Caesar dressing) Tomato and Cucumber Salad (Peeled and Diced Tomato and Cucumber Salad) Fruit Milk <b>Edamame</b>	<b>June 1</b> <b>WG Chicken Patty</b> <b>BBQ Sauce</b> Mixed Vegetables Fruit Milk <b>Veggie Nuggets</b>	<b>June 2</b> <b>Turkey, Ranch and Cheddar on WW Wrap</b> Carrot Sticks (Garbanzo Beans) Fruit Milk <b>Edamame Wrap</b>

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