



**Main Lunch Menu – Dairy & Egg Free
May 2024**

This institution is an equal opportunity provider.

Serving Sizes are as follows:

12months – 24 months Old – m/ma 1oz, Fruit 1/8 c, vegetable 1/8 c, grain ½ oz, 4oz Plain Whole Milk

Alternative (*menu modifications in italics*)

24months – 36 months Old - m/ma 1oz, Fruit 1/8 c, vegetable 1/8 c, grain ½ oz, 4oz Plain 1% Milk Alternative (*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 Alternative

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

Monday	Tuesday	Wednesday	Thursday	Friday
April 29 Turkey Sandwich on WW Bread Carrot Sticks w/Ranch (Cooked Carrots) Fruit Milk Alternative	April 30 Hamburger Slider WG Bun Green Beans Fruit Milk Alternative National Oatmeal Cookie Day	May 1 Grilled Chicken Rice Peas Fruit Milk Alternative	May 2 Turkey Sausage Vegan French Toast Broccoli (Potatoes) Fruit Milk Alternative	May 3 Turkey Sandwich on WW Bread Carrot Sticks (Cooked Carrots) Fruit Milk Alternative
May 6 Taco Beef WG Flour Tortilla Corn & Black Bean Salad Fruit Milk Alternative Cinco de Mayo!	May 7 WG Chicken Fingers Tater Tots Ketchup Fruit Milk Alternative	May 8 Beef BBQ Brown Rice Carrot Sticks (Carrots) Fruit Milk Alternative	May 9 Sunbutter & Jelly Sandwich Broccoli (Peas) Fruit Milk Alternative	May 10 Turkey Burger WG Sandwich Roll Green Beans Fruit Milk Alternative
May 13 Turkey Sandwich on WW Bread Carrot Sticks (Cooked Carrots) Fruit Cocktail Milk Alternative National Fruit Cocktail Day	May 14 Beef BBQ Rice Peas Fruit Milk Alternative National ButterMilk Alternative Biscuit Day	May 15 Sunbutter & Jelly Sandwich Tomato and Cucumber Salad (Peeled and Diced Tomato Cucumber Salad) Fruit Milk Alternative National Chocolate Chip Cookie Day	May 16 Grilled Chicken WG Pasta w/Marinara Broccoli (Corn) Fruit Milk Alternative	May 17 Grilled Chicken Rice Green Beans Fruit Milk Alternative Veggie Nuggets
May 20 Turkey Ham Sandwich on WG Bun Carrot Sticks (Cooked Carrots) Fruit Milk Alternative	May 21 Grilled Chicken Mixed Vegetables Rice Fruit Milk Alternative	May 22 Beef BBQ WG Bun Peas Fruit Milk Alternative National BBQ Month	May 23 Grilled Chicken Red Beans & Bown Rice Fruit Milk Alternative	May 24 WG Chicken Tenders Cooked Carrots Ketchup Mandarins & Strawberries Milk Alternative National Strawberry Month
May 27 HAPPY MEMORIAL DAY!	May 28 Hamburger Slider WG Slider Bun Ketchup Green Beans Fruit Milk Alternative National Hamburger Day	May 29 Pasta w. Meat Sauce Mixed Vegetables Fruit Milk Alternative	May 30 Grilled Chicken Garden Salad (Grilled Chicken w/peeled and diced cucumber) WG Dinner Roll Italian Dressing Fruit Milk Alternative National Salad Month	May 31 Grilled Chicken Brown Rice Carrot Sticks (Cooked Carrots) Fruit Milk Alternative

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