



**Main Lunch Menu – Wheat & Soy 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

*(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 *(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

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p><b>April 29</b>  <b>Turkey Sandwich on GF Bread</b>            Carrot Sticks            (Cooked Carrots)            Fruit            Milk</p>	<p><b>April 30</b>  <b>100% Beef Patty</b>            GF Bun            Green Beans            Fruit            Milk   <i><b>National Oatmeal Cookie Day</b></i></p>	<p><b>May 1</b>  <b>Grilled Chicken</b>            Rice            Peas            Fruit            Milk</p>	<p><b>May 2</b>  <b>Turkey Sausage</b>            Rice            Broccoli (Potatoes)            Fruit            Milk</p>	<p><b>May 3</b>  <b>Turkey Sandwich on GF Bread</b>            Carrot Sticks            (Cooked Carrots)            Fruit  <b>Milk</b></p>
<p><b>May 6</b>  <b>Taco Beef</b>            Rice            Corn &amp; Black Bean Salad            Fruit            Milk  <i><b>Cinco de Mayo!</b></i></p>	<p><b>May 7</b>  <b>Grilled Chicken</b>            Rice            Tater Tots            Ketchup            Fruit            Milk</p>	<p><b>May 8</b>  <b>Beef BBQ</b>            Brown Rice            Carrot Sticks (Carrots)            Fruit            Milk</p>	<p><b>May 9</b>  <b>Sunbutter &amp; Jelly Sandwich on GF Bread</b>            Broccoli (Peas)            Fruit            Milk</p>	<p><b>May 10</b>  <b>Turkey Burger</b>            GF Sandwich Roll            Green Beans            Fruit            Milk</p>
<p><b>May 13</b>  <b>Turkey Sandwich on GF Bread</b>            Carrot Sticks (Cooked Carrots)            Fruit Cocktail            Milk  <i><b>National Fruit Cocktail Day</b></i></p>	<p><b>May 14</b>  <b>Beef BBQ</b>            Rice            Peas            Fruit            Milk  <i><b>National ButterMilk Biscuit Day</b></i></p>	<p><b>May 15</b>  <b>Sunbutter &amp; Jelly Sandwich on GF Bread</b>            Tomato and Cucumber Salad (Peeled and Diced Tomato Cucumber Salad)            Fruit            Milk  <i><b>National Chocolate Chip Cookie Day</b></i></p>	<p><b>May 16</b>  <b>Grilled Chicken</b>            GF Pasta w/Marinara            Broccoli (Corn)            Fruit            Milk</p>	<p><b>May 17</b>  <b>Grilled Chicken</b>            Rice            Green Beans            Fruit            Milk</p>
<p><b>May 20</b>  <b>Turkey Ham Sandwich on GF Bun</b>            Carrot Sticks (Cooked Carrots)            Fruit            Milk</p>	<p><b>May 21</b>  <b>Grilled Chicken</b>            Mixed Vegetables            Rice            Fruit            Milk</p>	<p><b>May 22</b>  <b>Beef BBQ</b>            GF Bun            Peas            Fruit            Milk  <i><b>National BBQ Month</b></i></p>	<p><b>May 23</b>  <b>Grilled Chicken</b>            Red Beans &amp; Bown Rice            Fruit            Milk</p>	<p><b>May 24</b>  <b>100% Beef Patty</b>  <b>Rice</b>            Cooked Carrots            Mandarins &amp; Strawberries            Milk  <i><b>National Strawberry Month</b></i></p>
<p><b>May 27</b>  <b>HAPPY MEMORIAL DAY!</b></p>	<p><b>May 28</b>  <b>100% Beef Patty</b>            GF Bun            Ketchup            Green Beans            Fruit            Milk  <i><b>National Hamburger Day</b></i></p>	<p><b>May 29</b>  <b>GF Pasta w. Meat Sauce</b>            Mixed Vegetables            Fruit            Milk</p>	<p><b>May 30</b>  <b>Grilled Chicken Garden Salad (Grilled Chicken w/peeled and diced cucumber)</b>            GF Dinner Roll            Fruit            Milk  <i><b>National Salad Month</b></i></p>	<p><b>May 31</b>  <b>Grilled Chicken</b>            Brown Rice            Carrot Sticks (Cooked Carrots)            Fruit            Milk</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