



# May 2023

## ELEMENTARY LUNCH



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1 Sloppy Joe on a Bun</b> Tater Tots ½ c Carrots ¼ c Pears ½ c Assorted Fresh Fruit ½ c <b>ALT: Chicken Nuggets w. Roll</b>	<b>2 Sweet &amp; Sour Chicken</b> Brown Rice ½ c Steamed Broccoli ¼ c Mixed Fruit ½ c Assorted Fresh Fruit ½ c <b>ALT: Cheeseburger</b>	<b>3 Beef Soft Tacos</b> Carrots ½ c Mixed Vegetables ¼ c Peaches ½ c Assorted Fresh Fruit ½ c <b>ALT: Cheese Quesadilla</b>	<b>4 Green Chile Pork Burrito</b> 1 serving ½ c Pinto Beans ½ c Cole slaw ¼ c Mandarin Oranges ½ c Assorted Fresh Fruit ½ c	<b>5 Freshly Made Cheese or Pepperoni Pizza</b> Garden Salad 1 c Sliced Cucumber ¼ c Peaches ½ c Assorted Fresh Fruit ½ c <b>ALT: Chicken Patty Sandwich</b>
<b>8 Mac &amp; Cheese</b> 1 serving Baby Carrots ½ c Peas ¼ c Fruit Cocktail ½ c Assorted Fresh Fruit ½ c <b>ALT: Chicken Nuggets w. Roll</b>	<b>9 Shepard's Pie (Beef &amp; Mashed Potatoes)</b> Corn ¼ c Broccoli ½ c Peaches ½ c Assorted Fresh Fruit ½ c <b>ALT: Hamburger</b>	<b>10 Cheeseburger Sliders</b> 1 serving Tater Tots ½ c Carrots ¼ c Applesauce ½ c Assorted Fresh Fruit ½ c <b>ALT: Grilled Cheese</b>	<b>11 ALT: Hot Dog BBQ Chicken</b> 1 serv WG Dinner Roll 1 ea Baked Beans ½ c Sweet Potato Fries 1 c Pears ½ c Assorted Fresh Fruit ½ c <b>ALT: Corn Dog</b>	<b>12 Chicken Cacciatore Dinner Roll</b> 1 serv Garden Salad 1 c Italian Vegetables ½ c Pineapple Tidbits ½ c Assorted Fresh Fruit ½ c <b>Alt: Chicken Patty Sandwich</b>
<b>15 Hot Ham &amp; Cheese Sliders</b> Peas & Carrots ½ c Celery Sticks ½ c Pineapple Tidbits ½ c Assorted Fresh Fruit ½ c <b>ALT: Chicken Nuggets w. Roll</b>	<b>16 Chicken Teriyaki Brown Rice</b> Corn ½ c Broccoli ¼ c Pineapple Tidbits ½ c Assorted Fresh Fruit ½ c <b>ALT: Cheeseburger</b>	<b>17 Chili Cheese Potato Wedges</b> Pinto Beans Pizzaz ½ c Mix Vegetable Blend ¼ c Applesauce ½ c Assorted Fresh Fruit ½ c <b>v ALT: Cheese Quesadilla</b>	<b>18 Chicken &amp; Cheese Quesadilla</b> Baby Carrots ½ c Mixed Vegetables ¼ c Pineapple Tidbits ½ c Assorted Fresh Fruit ½ c <b>ALT: Hot Dog</b>	<b>19 Cheesy Breadsticks w. Marinara</b> Garden Salad 1 c Mixed Vegetables ¼ c Peaches ½ c Assorted Fruit ½ c <b>ALT: Chicken Patty Sandwich</b>
<b>22 Penna Pomodoro</b> Baby Carrots ½ c Celery Sticks ¼ c Pineapple Tidbits ½ c Assorted Fresh Fruit ½ c <b>ALT: Chicken Nuggets w. Roll</b>	<b>23 Bacon Ranch Chicken Sandwich</b> Vegetarian Beans ½ c Garden Salad 1 c Fruit Cocktail ½ c Assorted Fresh Fruit ½ c <b>ALT: Hamburger</b>	<b>24 Chef's Choice</b>	<b>25 Chef's Choice</b>	<b>26 Chef's Choice</b>  <b>Last Day of School</b>
29	30	31		

Have a Great Summer

**NUTRITION BAR**

Choose from a variety of fresh fruits or vegetables.  
 ½ cup fruit option and milk included with your meal and offered daily.

For questions and comments, please email the Food Service Director at [xxx@email.com](mailto:xxx@email.com) or call xxx-xxx-xxxx

BeWell Healthy Choice K 12 BY ELIOR

- Vegetarian (Ovo-Lacto)
- Local
- Fresh Picks

This institution is an equal opportunity provider