

# May 2023

# BREAKFAST

## Cold Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>FEATURED ENTRÉE OF THE DAY</b>				
1	2	3	4	5
<b>Banana Muffin</b>	<b>Apple Jacks w/ Honey Grahams</b>	<b>Pan Dulce</b>	<b>Cinnamon Roll</b>	<b>Cinnamon Delight</b>
<i>Orange (1/2 c) &amp; Apple (1/2 c)</i>	<i>Banana (1/2 c)</i>	<i>100% Fruit Juice (4 oz) &amp; Apple (1/2 c)</i>	<i>Orange &amp; Pear (1/2 c)</i>	<i>Pear (1/2 c) &amp; Apple (1/2 c)</i>
8	9	10	11	12
<b>Mantecada</b>	<b>Pan Dulce</b>	<b>Apple Berry Zee Zee Bar</b>	<b>Fruit Loops w/ Honey Grahams</b>	<b>Cranberry Oatmeal Round</b>
<i>Orange (1/2 c) &amp; Apple (1/2 c)</i>	<i>Banana(1/2 c) &amp; Pear (1/2 c)</i>	<i>100% Fruit Juice (4 oz) &amp; Apple (1/2 c)</i>	<i>Orange &amp; Pear (1/2 c)</i>	<i>Pear (1/2 c) &amp; Apple (1/2 c)</i>
15	16	17	18	19
<b>Pan Dulce</b>	<b>Apple Jacks w/ Honey Grahams</b>	<b>Blueberry Muffin</b>	<b>Apple Berry ZeeZee Bar</b>	<b>Banana Bread</b>
<i>Orange (1/2 c) &amp; Apple (1/2 c)</i>	<i>Banana(1/2 c) &amp; Pear (1/2 c)</i>	<i>100% Fruit Juice (4 oz) &amp; Apple (1/2 c)</i>	<i>Orange &amp; Pear (1/2 c)</i>	<i>Pear (1/2 c) &amp; Apple (1/2 c)</i>
22	23	24	25	26
<b>Bagel w/ Cream Cheese</b>	<b>Yogurt Parfait w/ Strawberries Honey Grahams</b>	<b>Cinnamon Roll</b>	<b>Fruit Loops w/ Honey Grahams</b>	<b>Blueberry Mini Muffin &amp; String Cheese</b>
<i>Orange (1/2 c) &amp; Apple (1/2 c)</i>	<i>Banana(1/2 c)</i>	<i>100% Fruit Juice (4 oz) &amp; Apple (1/2 c)</i>	<i>Orange &amp; Pear (1/2 c)</i>	<i>Pear (1/2 c) &amp; Apple (1/2 c)</i>
29	30	31	1	2
	<b>Apple Jacks w/ Honey Grahams</b>	<b>Pan Dulce</b>	<b>Cinnamon Roll</b>	<b>Cinnamon Delight</b>
	<i>Banana (1/2 c)</i>	<i>100% Fruit Juice (4 oz) &amp; Apple (1/2 c)</i>	<i>Orange &amp; Pear (1/2 c)</i>	<i>Pear (1/2 c) &amp; Apple (1/2 c)</i>



All entrées served with choice of 1% milk or fat free milk. All grain items offered are Whole Grain Rich. This institution is an equal opportunity provider. Menus are subject to change without notice.

May 2023



K-8 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEKLY 5 FAVE</b>				
<b>Cheeseburger Oven Baked Fries <i>Ketchup</i></b>	<b>Cheese Lasagna w/ Tomato Basil Sauce</b>	<b>Beef Nachos <i>Original Popped Chips</i></b>	<b>Chicken Tamale w/ Seasoned Corn</b>	<b>Deep Dish Pepperoni Pizza</b>
<b>SANDWICH OF THE DAY</b>				
<b>Turkey &amp; Cheese Torta <i>Side of Baked Fries Ketchup</i></b>	<b>Turkey Breast Sandwich on Whole Grain Roll <i>Mayonnaise Baby Carrots (1/2 c)</i></b>	<b>Smoked Turkey &amp; Cheese Sandwich on Knot Roll <i>Garbanzo Bean &amp; Corn Salad</i></b>	<b>Italian Turkey Submarine <i>Baby Carrots (1/2 c)</i></b>	<b>Turkey Breast Sandwich on Whole Grain Roll</b>
<b>Entrée Salad of the Day</b>				
		<b>Chicken Taco Salad Original Popped Chips <i>Ranch Dressing</i></b>	<b>Tuna Salad Dinner Roll <i>Ranch Dressing</i></b>	<b>Buffalo Chicken Salad Original Popped Chips <i>Ranch Dressing</i></b>
<b>FEATURED ENTRÉE OF THE DAY</b>				
1	2	3	4	5
<b>Hot Dog Oven Baked Fries <i>Ketchup</i></b>	<b>Chicken Alfredo Pasta w/ Steamed Broccoli</b>	<b>Chicken Fajitas w/ Refried Beans &amp; Corn <i>Whole Grain Tortillas</i></b>	<b>Chicken Teriyaki Not So Fried Rice</b>	<b>Hamburger <i>Ketchup</i></b>
<i>Oven Baked Fries in Meal (3/4 c)</i>	<i>Baby Carrots (1/2 c)</i>	<i>Celery Sticks (1/4 c)</i>	<i>Baby Carrots (1/4 c)</i>	<i>Lettuce, Tomato, Pickle Kit (1 c)</i>
<i>100% Fruit Juice (4 oz)</i>	<i>Orange (1/2 c)</i>	<i>Banana (1/2 c)</i>	<i>Apple (1/2 c)</i>	<i>Orange (1/2 c)</i>
8	9	10	11	12
<b>Cheeseburger Oven Baked Fries <i>Ketchup</i></b>	<b>Chicken Enchiladas w/ Creamy Green Salsa</b>	<b>Turkey &amp; Bean Chili <i>Corn Muffin</i></b>	<b>Chicken Tenders w/ Mashed Potatoes <i>Whole Grain Sugar Cookie</i></b>	<b>BBQ Beef Rib-A-Que (in house hoagie)</b>
<i>Oven Baked Fries in Meal (3/4 c)</i>	<i>Baby Carrots (1/2 c)</i>	<i>Cucumber Slices w/Tajin (1/4 c)</i>	<i>Baby Carrots (1/4 c)</i>	<i>Romaine Salad w/ Ranch Dressing</i>
<i>100% Fruit Juice (4 oz)</i>	<i>Orange (1/2 c)</i>	<i>Banana (1/2 c)</i>	<i>Apple (1/2 c)</i>	<i>Orange (1/2 c)</i>
15	16	17	18	19
<b>Chicken Patty Burger Oven Baked Fries <i>Ketchup</i></b>	<b>Firecracker Chicken Yakisoba Noodles</b>	<b>Chicken Burrito Bowl w/ Black Beans &amp; Rice</b>	<b>Baked Ziti w/ Meat Sauce <i>Whole Grain Chocolate Chip Cookie</i></b>	<b>Beef, Bean &amp; Cheese Burrito <i>Hot Sauce</i></b>
<i>Oven Baked Fries in Meal (3/4 c)</i>	<i>Baby Carrots (1/2 c)</i>	<i>Celery Sticks (1/4 c)</i>	<i>Baby Carrots (1/4 c)</i>	<i>House Salad w/ Italian (1 c)</i>
<i>100% Fruit Juice (4 oz)</i>	<i>Orange (1/2 c)</i>	<i>Banana (1/2 c)</i>	<i>Apple (1/2 c)</i>	<i>Orange (1/2 c)</i>
22	23	24	25	26
<b>BBQ Grilled Chicken Sandwich Oven Baked Fries <i>Ketchup</i></b>	<b>Penne &amp; Meatballs w/ Tomato Basil Sauce</b>	<b>Chicken Fajitas w/ Refried Beans &amp; Corn <i>Whole Grain Tortillas</i></b>	<b>Breakfast for Lunch: Pancake, Chicken Sausage &amp; Seasoned Potatoes <i>Syrup</i></b>	<b>Mac &amp; Cheese</b>
<i>Oven Baked Fries in Meal (3/4 c)</i>	<i>Baby Carrots (1/2 c)</i>	<i>Cucumber Slices w/Tajin (1/4 c)</i>	<i>Baby Carrots (1/4 c)</i>	<i>Romaine Salad w/ Ranch Dressing</i>
<i>100% Fruit Juice (4 oz)</i>	<i>Orange (1/2 c)</i>	<i>Banana (1/2 c)</i>	<i>Apple (1/2 c)</i>	<i>Orange (1/2 c)</i>
29	30	31	1	2
	<b>Chicken Alfredo Pasta w/ Steamed Broccoli</b>	<b>Turkey &amp; Bean Chili <i>Corn Muffin</i></b>	<b>Chicken Tenders w/ Mashed Potatoes <i>Whole Grain Sugar Cookie</i></b>	<b>Hamburger <i>Ketchup</i></b>
	<i>Baby Carrots (1/2 c)</i>	<i>Celery Sticks (1/4 c)</i>	<i>Baby Carrots (1/4 c)</i>	<i>Lettuce, Tomato, Pickle Kit (1 c)</i>
	<i>Orange (1/2 c)</i>	<i>Banana (1/2 c)</i>	<i>Apple (1/2 c)</i>	<i>Orange (1/2 c)</i>



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May 2023

# LUNCH

## Vegetarian K-8 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>SANDWICH OF THE DAY</b>				
<b>Double Cheese Torta</b> <i>Side of Baked Fries</i> <i>Ketchup</i>	<b>Double Cheese Sandwich</b> <i>Mayonnaise</i> <i>Baby Carrots (1/2 c)</i>	<b>Double Cheese Sandwich</b> <i>Garbanzo Bean &amp; Corn Salad</i>	<b>Double Cheese Sandwich</b> <i>Mayonnaise</i> <i>Baby Carrots (1/2 c)</i>	<b>Double Cheese Sandwich</b>
<b>FEATURED ENTRÉE OF THE DAY</b>				
1	2	3	4	5
<b>Cheese Melt</b> <b>Oven Baked Fries</b> <i>Ketchup</i>	<b>Cheesy Penne Alfredo</b> <b>w/ Broccoli</b> <i>Dinner Roll</i>	<b>Bean &amp; Cheese Pupusa</b> <b>w/ Pinto Beans</b>	<b>Cheese Tamale</b> <b>w/ Seasoned Corn</b>	<b>Bean &amp; Cheese Burrito</b> <i>Hot Sauce</i>
<i>Oven Baked Fries in Meal (3/4 c)</i>	<i>Baby Carrots (1/2 c)</i>	<i>Celery Sticks (1/4 c)</i>	<i>Baby Carrots (1/4 c)</i>	<i>Lettuce, Tomato, Pickle Kit (1 c)</i>
<i>100% Fruit Juice (4 oz)</i>	<i>Orange (1/2 c)</i>	<i>Banana (1/2 c)</i>	<i>Apple (1/2 c)</i>	<i>Orange (1/2 c)</i>
8	9	10	11	12
<b>Cheese Melt</b> <b>Oven Baked Fries</b> <i>Ketchup</i>	<b>Cheese Enchiladas</b> <b>w/ Creamy Green Salsa</b>	<b>Bean &amp; Cheese Pupusa</b> <b>w/ Pinto Beans</b>	<b>Cheese Tamale</b> <b>w/ Seasoned Corn</b>	<b>Deep Dish Cheese Pizza</b>
<i>Oven Baked Fries in Meal (3/4 c)</i>	<i>Baby Carrots (1/2 c)</i>	<i>Cucumber Slices w/Tajin (1/4 c)</i>	<i>Baby Carrots (1/4 c)</i>	<i>Romaine Salad w/ Ranch Dressing</i>
<i>100% Fruit Juice (4 oz)</i>	<i>Orange (1/2 c)</i>	<i>Banana (1/2 c)</i>	<i>Apple (1/2 c)</i>	<i>Orange (1/2 c)</i>
15	16	17	18	19
<b>Cheese Melt</b> <b>Oven Baked Fries</b> <i>Ketchup</i>	<b>Cheese Lasagna</b> <b>w/ Tomato Basil Sauce</b>	<b>Bean &amp; Cheese Pupusa</b> <b>w/ Pinto Beans</b>	<b>Cheesy Baked Ziti</b> <i>WG Chocolate Chip Cookie</i>	<b>Bean &amp; Cheese Burrito</b> <i>Hot Sauce</i>
<i>Oven Baked Fries in Meal (3/4 c)</i>	<i>Baby Carrots (1/2 c)</i>	<i>Celery Sticks (1/4 c)</i>	<i>Baby Carrots (1/4 c)</i>	<i>House Salad w/ Italian (1 c)</i>
<i>100% Fruit Juice (4 oz)</i>	<i>Orange (1/2 c)</i>	<i>Banana (1/2 c)</i>	<i>Apple (1/2 c)</i>	<i>Orange (1/2 c)</i>
22	23	24	25	26
<b>Cheese Melt</b> <b>Oven Baked Fries</b> <i>Ketchup</i>	<b>Cheese Lasagna</b> <b>w/ Tomato Basil Sauce</b>	<b>Bean &amp; Cheese Pupusa</b> <b>w/ Pinto Beans</b>	<b>Cheese Tamale</b> <b>w/ Seasoned Corn</b>	<b>Mac &amp; Cheese</b>
<i>Oven Baked Fries in Meal (3/4 c)</i>	<i>Baby Carrots (1/2 c)</i>	<i>Cucumber Slices w/Tajin (1/4 c)</i>	<i>Baby Carrots (1/4 c)</i>	<i>Romaine Salad w/ Ranch Dressing</i>
<i>100% Fruit Juice (4 oz)</i>	<i>Orange (1/2 c)</i>	<i>Banana (1/2 c)</i>	<i>Apple (1/2 c)</i>	<i>Orange (1/2 c)</i>
29	30	31	1	2
	<b>Cheesy Penne Alfredo (1G)</b> <b>w/ Broccoli</b>	<b>Bean &amp; Cheese Pupusa</b> <b>w/ Pinto Beans</b>	<b>Cheese Tamale</b> <b>w/ Seasoned Corn</b>	<b>Deep Dish Cheese Pizza</b>
	<i>Baby Carrots (1/2 c)</i>	<i>Celery Sticks (1/4 c)</i>	<i>Baby Carrots (1/4 c)</i>	<i>Lettuce, Tomato, Pickle Kit (1 c)</i>
	<i>Orange (1/2 c)</i>	<i>Banana (1/2 c)</i>	<i>Apple (1/2 c)</i>	<i>Orange (1/2 c)</i>



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**SNACK**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>FEATURED ENTRÉE OF THE DAY</b>				
1	2	3	4	5
<b>WG Strawberry Multi-Grain Bar (1G)</b>	<b>WG Mini Vanilla Loaf (1G)</b>	<b>WG BBQ Baked Chips (1G)</b>	<b>WG Cheddar Crackers (1G)</b>	<b>WG Honey Crackers (1G)</b>
<i>Apple (3/4 c)</i>	<i>100% Fruit Juice (6 oz)</i>	<i>Orange (3/4 c)</i>	<i>Apple (3/4 c)</i>	<i>Pear (3/4 c)</i>
8	9	10	11	12
<b>WG Pretzels (1G)</b>	<b>WG Nacho Baked Chips (1G)</b>	<b>WG Mini Lemon Muffin (1G)</b>	<b>Sunflower Seeds (1 MA)</b>	<b>WG Cheddar Crackers (1G)</b>
<i>Apple (3/4 c)</i>	<i>100% Fruit Juice (6 oz)</i>	<i>Orange (3/4 c)</i>	<i>Apple (3/4 c)</i>	<i>Pear (3/4 c)</i>
15	16	17	18	19
<b>WG Cinnamon Crackers (1G)</b>	<b>WG Chex Mix (1G)</b>	<b>WG Churro Baked Chips (1G)</b>	<b>WG Apple Cinnamon Multi-Grain Bar (1G)</b>	<b>WG Rice Krispie Treat (1G)</b>
<i>Apple (3/4 c)</i>	<i>100% Fruit Juice (6 oz)</i>	<i>Orange (3/4 c)</i>	<i>Apple (3/4 c)</i>	<i>Pear (3/4 c)</i>
22	23	24	25	26
<b>WG Strawberry Multi-Grain Bar (1G)</b>	<b>WG Mini Vanilla Loaf (1G)</b>	<b>WG BBQ Baked Chips (1G)</b>	<b>WG Cheddar Crackers (1G)</b>	<b>WG Honey Crackers (1G)</b>
<i>Apple (3/4 c)</i>	<i>100% Fruit Juice (6 oz)</i>	<i>Orange (3/4 c)</i>	<i>Apple (3/4 c)</i>	<i>Pear (3/4 c)</i>
29	30	31	1	2
	<b>WG Nacho Baked Chips (1G)</b>	<b>WG Mini Lemon Muffin (1G)</b>	<b>Sunflower Seeds (1 MA)</b>	<b>WG Cheddar Crackers (1G)</b>
	<i>100% Fruit Juice (6 oz)</i>	<i>Orange (3/4 c)</i>	<i>Apple (3/4 c)</i>	<i>Pear (3/4 c)</i>



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