





















SAMPLE MENU

Everyday Items: Turkey, Tuna Tossed Salad, Soy Butter, Jelly, Mild Cheddar Cheese, Cream Cheese, Wheat Bread, Gluten-Free Bread, Plain and Chocolate Milk

GF & Hot Vegetarian Options Available

Nut-Free, No MSG, No Trans Fats

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5	27  Chicken Tenders Veggie Tenders Tater Tots Tossed Salad Yogurt & Fresh Fruit	28  Meatball Heroes Vegetable Lasagna Fresh Veggie Sticks Yogurt & Fresh Fruit	29  "Breakfast For Lunch" French Toast Syrup Hard Boiled Eggs Hash Browns Applesauce & Yogurt	30  BBQ Chicken Veggie Burger Rice Fresh Veggie Sticks Yogurt & Fresh Fruit	31  Pizza Tossed Salad Yogurt & Fresh Fruit
6	3  Chicken Nuggets Veggie Nuggets Corn Tossed Salad Yogurt & Fresh Fruit	4  Mac & Cheese Fresh Veggie Sticks Yogurt & Fresh Fruit	5  Beef Tacos Rice & Beans Shredded Cheese Lettuce Salsa Yogurt & Fresh Fruit	6  Penne Pesto w/ Chicken Ravioli Fresh Veggie Sticks Yogurt & Fresh Fruit	7  Pizza Tossed Salad Yogurt & Fresh Fruit
7	10  Chicken Tenders Veggie Tenders Tater Tots Tossed Salad Yogurt & Fresh Fruit	11  Penne w/ Meat Sauce Vegetable Lasagna Fresh Veggie Sticks Yogurt & Fresh Fruit	12  "Breakfast For Lunch" French Toast Syrup Hard Boiled Eggs Hash Browns Applesauce & Yogurt	13 Pizza Tossed Salad Yogurt & Fresh Fruit Talent Show / Late Night Beef Hot Dogs, Veggie Burgers , Corn on the Cob, Pasta Salad, Watermelon, Lemonade	14  BBQ Chicken Veggie Nuggets Rice Fresh Veggie Sticks Yogurt & Fresh Fruit
8	17  Chicken Nuggets Veggie Nuggets Corn Tossed Salad Yogurt & Fresh Fruit	18  Mac & Cheese Fresh Veggie Sticks Yogurt & Fresh Fruit	19  Beef Tacos Rice & Beans Shredded Cheese Lettuce Salsa Yogurt & Fresh Fruit	20  Pizza Tossed Salad Yogurt & Fresh Fruit Special Refreshments!	21 See you next summer!