




May 2018



Ages 6-18

	<p>1 Chicken Lasagna—4 oz. WG Breadstick—1 each Steamed Veggies—1/2 cup (FZ) Sliced Melon—4 oz. (FR) Skim Milk—8 fl. oz.</p>	<p>2 Beef Tacos—2 oz. WG Taco Shell—2 each Lettuce/Tomatoes—1 cup (FR) Pineapple—4 oz. (FR) Skim Milk—8 fl. oz.</p>	<p>3 Cheeseburger Casserole—4 oz. (WG) Garlic Bread—1 slice Green Beans—1/2 c. (FZ) Watermelon—4 oz. (FR) Skim Milk—8 fl. oz.</p>	<p>4 Chicken Veggie Stirfry—8 oz. (FZ) WG Fried Rice—4 oz. Grapes—1/2 cup (FR) Skim Milk—8 fl. oz.</p>
<p>7 Beef Lasagna—4 oz. WG Breadstick—1 each Garden Salad—1 cup (FR) Fruit Cocktail—1/2 cup (CN) Skim Milk—8 fl. oz.</p>	<p>8 Baked Chicken—3oz. WG Honey Roll—1 each Glazed Carrots—1/2 c. (FR) Grapes—1/2 cup (FR) Skim Milk—8 fl. oz.</p>	<p>9 Chicken Fajitas—4 oz. WG Tortilla—1 each Corn—1/2 cup (FZ) Watermelon—4 oz. (FR) Skim Milk—8 fl. oz.</p>	<p>10 Cheeseburger—2 oz. WG Bun—1 each Roasted Potatoes—1/2 cup Pineapple Slice—4 oz. (FR) Skim Milk—8 fl. oz.</p>	<p>11 Salisbury Steak—2 oz. WG Breadstick—1 each Mashed Potatoes—1/2 cup (FR) Cantaloupe—4 oz. (FR) Skim Milk—8 fl. oz.</p>
<p>14 Sloppy Joey's—3 oz. Whole Wheat Bun—1 each Corn on the Cob—4 oz. (FZ) Apple—1 each (FR) Skim milk—8 fl. oz.</p>	<p>15 Chili Mac—4 oz. (WG) Crackers—6 each Baked Potato—1/2 cup (FR) Fresh Pineapple—4 oz. (FR) Skim Milk—8 fl. oz.</p>	<p>16 Orange Chicken—1 thigh WG Honey Roll—1 each Carrots w/ Ranch—1/2 cup (FR) Mandarin Oranges - 1/2 cup (CN) Skim Milk—8 fl. oz.</p>	<p>17 Beef Burrito Stack—4 oz. WG Spanish Rice—1/2 cup Corn—1/2 cup (FZ) Watermelon—4 oz. (FR) Skim Milk—8 fl. oz.</p>	<p>18 BBQ Smoked Sausage—1 each WG Bun—1 each Garden Salad—1 cup (FR) Cantaloupe—4 oz. (FR) Skim Milk—8 fl. oz.</p>
<p>21 Sweet N Sour Chicken—3 oz. WG Brown Rice—1/2 cup Garden Salad—1 cup (FR) Grapes—1/2 cup (FR) Skim Milk—8 fl. oz.</p>	<p>22 Spaghetti w/ Meatsauce—4 oz. (WG) WG Honey Roll—1 each Steamed Mixed Veggies—1/2 cup (FZ) Banana—1 each (FR) Skim Milk—8 fl. oz.</p>	<p>23 Chicken Cordon Bleu Bake—4 oz. (WG) Garlic Bread—1 slice Baby Carrots w/ Ranch—1/2 cup (FR) Pineapple—4 oz. (FR) Skim Milk—8 fl. oz.</p>	<p>24 Chicken Queso—4 oz. WG Tortilla Chips—1 oz. Corn—1/2 cup (FZ) Watermelon—4 oz. (FR) Skim Milk—8 fl. oz.</p>	<p>25 Stuffed Chicken—2 oz. WG Pasta Salad—3 oz. Broccoli Casserole—1/2 cup (FZ) Grapes—1/2 cup (FR) Skim Milk—8 fl. oz.</p>
 <p>MEMORIAL DAY</p>	<p>29 Beef Nachos—3 oz. WG Tortilla Chips—1 oz. Lettuce/Tomato Salad—1cup (FR) Orange—1 each (FR) Skim Milk—8 fl. oz.</p>	<p>30 Chicken N Noodles—4 oz. WG Honey Roll—1 each Green Beans—1/2 cup (FZ) Watermelon—4 oz. (FR) Skim Milk—8 fl. oz.</p>	<p>31 Chicken Parm Bake—4 oz. WG Honey Roll—1 each Steamed Veggies—1/2 cup (FZ) Fruit Cocktail—1/2 cup (CN) Skim Milk—8 fl. oz.</p>	