

MAY 2022

PLEASE PROVIDE THE SCHOOL NURSE AND NUTRITION STAFF WITH
MEDICAL DOCUMENTATION OF STUDENT FOOD ALLERGIES

BREAKFAST



All school meals are **FREE** to all students for the 2021-22 year
Menu Subject to Change Based on Availability

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER



Nutrition Tip: Get started cooking more often at home: If you don't usually cook, start gradually. Make it a goal to cook once a week and work up to cooking more often.

Reference: USDA MyPlate



MONDAY

WG Cereal
Mandarins
Choice of Milk

2

TUESDAY

WG Cereal Bars
Banana & 100% Juice
Choice of Milk

3

WEDNESDAY

WG Muffin
Peaches
Choice of Milk

4

THURSDAY

WG Belvita
Pineapple
Choice of Milk

5

FRIDAY

WG Cereal
Fresh Orange slices
Choice of Milk

6

WG Cereal
Applesauce
Choice of Milk

9

WG Granola Bar
Yogurt
Pineapple
Choice of Milk

10

WG Muffin
Mandarins
Choice of Milk

11

WG Cereal Bar
Banana & Assorted fruit
Choice of Milk

12

WG Cereal
Pineapple
Choice of Milk

13

WG Cereal
Mandarins
Choice of Milk

16

WG Belvita Bites
Peaches
Choice of milk

17

WG Muffin
Applesauce
Choice of milk

18

WG Cereal Bar
Fresh Orange Slices
Choice of milk

19

WG Cereal
Banana & 100% juice
Choice of Milk

20

WG Cereal
Applesauce
Choice of Milk

23

WG Cereal Bar
Peaches
Choice of Milk

24

WG Muffin
Assorted fruit
Choice of Milk

25

WG Cereal
Assorted fruit
Choice of Milk

26

WG Cereal
Assorted fruit
Choice of Milk

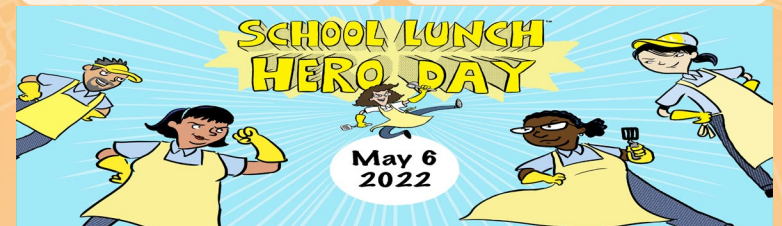
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May
5th



May
30th



MAY 2022

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LUNCH



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May is National Egg Month. Eggs can be eaten in a salad, as part of a breakfast sandwich, as an omelet, mixed into fried rice or simply boiled, fried or scrambled. How do you like to eat eggs?

MONDAY

Pizza Sticks
Marinara Sauce
Steamed Broccoli
Fruit cup/fresh fruit
Choice of Milk

2

TUESDAY

Meatballs w/ Gravy
Mashed Potatoes
Dinner Roll
Fruit cup/fresh fruit
Choice of Milk

3

WEDNESDAY

BBQ Pork Sandwich
Baked Beans
Fruit cup/fresh fruit
Choice of Milk

4

THURSDAY

Mini Corn Dogs
Roasted Carrots
Fruit cup/fresh fruit
Choice of Milk

5

FRIDAY

Ham & Cheese Sandwich
Cucumbers
Fruit cup/fresh fruit
Choice of Milk

6

Spaghetti w/ Meat Sauce
Green Beans
Fruit cup/fresh fruit
Choice of Milk

9

Beef Taco
Fiesta Beans
Sour cream & Cheese
Fruit cup/fresh fruit
Choice of Milk

10

Grilled Chicken Salad
Baby Carrots & Tomatoes
Fruit cup/fresh fruit
Choice of Milk

11

Chicken Nuggets
Assorted Chips
Corn
Fruit cup/fresh fruit
Choice of Milk

12

Chicken Salad Sandwich
Baby Carrots & Celery
Fruit cup/fresh fruit
Choice of Milk

13

Build Your Own Pizza
Marinara
Fresh Broccoli w/ ranch
Fruit cup/fresh fruit
Choice of Milk

16

Chicken Nachos
Refried Beans
WG Tortilla Chips
Fruit cup/fresh fruit
Choice of Milk

17

Beef Hot Dog
Baby Carrots & Cucumbers
Fruit cup/fresh fruit
Choice of Milk

18

Cheeseburger
Potato Wedges
Ketchup, Mayo & Mustard
Fruit cup/fresh fruit
Choice of Milk

19

Ham & Cheese Sandwich
Baby Carrots w/ ranch
Fruit cup/fresh fruit
Choice of Milk

20

Meatball Sub
Ranch Style Beans
Fruit cup/fresh fruit
Choice of Milk

23

Ham & Cheese Snack Pack
Assorted Crackers
Celery
Fruit cup/fresh fruit
Choice of Milk

24

Turkey & Cheese Sandwich
Fresh Broccoli
Fruit cup/fresh fruit
Choice of Milk

25

Chicken Sandwich w/ WG bun
mayo & pickles
Potato Wedges w/ ketchup
Fresh Fruit
Choice of Milk

26

Turkey & Cheese Sandwich
Baby Carrots w/ ranch
Fruit cup/fresh fruit
Choice of Milk

27



May
5th



May
30th

