

# Lunch Pre-K

MAY 2024

MON

TUE

WED

THU

FRI

1 Turkey Salsa Bowl w/  
Ranchero Rice & Pinto  
Beans  
**or**  
Home Style Macaroni &  
Cheese w/ Broccoli (V)  
**Fresh Apple**

2 Meatloaf w/ Gravy &  
Mashed Potatoes  
**or**  
Penne w/ Chickpeas in  
Tomato Sauce  
Broccoli (V)  
**Apple Slices**

3 Cheese Pizza (V)  
Garden Salad w/ Ranch  
Dressing  
**Fresh Apple**

6 Chicken Parmesan w/  
Green Beans  
**or**  
Penne Pasta in Tomato  
Sauce w/ Mozzarella  
Cheese & Italian  
Vegetables (V)  
**Apple Slices**

7 Spanish Rice & Beans (V)  
Plantain  
**Fresh Apple**

8 Salisbury Steak w/  
Roasted Potatoes  
**or**  
Falafel Nuggets w/ Whole  
Wheat Bread Slice &  
Corn (V)  
Fresh Pear

9 BBQ Chicken w/ Sweet  
Mashed Potatoes  
**or**  
Home-Style Macaroni &  
Cheese w/ Broccoli (V)  
**Apple Slices**

10 Turkey Fajita w/ Brown  
Rice & Corn  
**or**  
Cheese Pizza w/ Garden  
Salad & Ranch Dressing  
(V)  
**Fresh Apple**

13 Chicken Meatballs w/  
Tomato Sauce, Mozzarella  
Cheese & Sub Roll  
**or**  
Cheese Raviolis w/ Tomato  
Sauce & Italian Vegetables  
(V)  
**Apple Slices**

14 Chicken Mole w/ Brown  
Rice Pilaf & Green Peas  
**or**  
Spanish Rice & Beans w/  
Plantain (V)  
Fresh Pear

15 Chicken Fingers w/  
Ketchup  
**or**  
Falafel Nuggets w/ Whole  
Wheat Bread Slice (V)  
Corn  
**Fresh Apple**

16 Penne w/ Beef Meat Sauce  
& Italian Vegetables  
**or**  
Penne w/ Chickpeas in  
Tomato Sauce  
Broccoli (V)  
**Apple slices**

17 Home-Style Macaroni  
& Cheese (V)  
Broccoli  
**Fresh Apple**

20 Chicken Bites w/ Roasted  
Potatoes  
**or**  
Vegetarian Chili w/ Brown  
Rice & Green Beans (V)  
**Apple Slices**

21 Turkey Chili w/ Whole  
Wheat Bread Slice &  
Mixed Vegetables  
**or**  
Spanish Rice & Beans  
w/ Plantain (V)  
**Fresh Apple**

22 Cheese Raviolis w/  
Tomato Sauce (V)  
Italian Vegetables  
Fresh Pear

23 Adobo Chicken w/  
Cilantro Brown Rice &  
Street Corn  
**or**  
Home-Style Macaroni &  
Cheese w/ Broccoli (V)  
**Apple Slices**

24 Penne Pasta in Tomato  
Sauce w/ Mozzarella &  
Ricotta Cheese (V)  
Italian Vegetables  
**Fresh Apple**

27  
28 Pasta & Chicken Meatballs  
in Tomato Sauce w/ Italian  
Vegetables  
**or**  
Falafel Nuggets w/ Whole  
Wheat Bread Slice & Corn  
(V)  
Fresh Pear

29 Turkey Salsa Bowl w/  
Ranchero Rice & Pinto  
Beans  
**or**  
Home Style Macaroni &  
Cheese w/ Broccoli (V)  
**Fresh Apple**

30 Meatloaf w/ Gravy &  
Mashed Potatoes  
**or**  
Penne w/ Chickpeas in  
Tomato Sauce  
Broccoli (V)  
**Apple Slices**

31 Cheese Pizza (V)  
Garden Salad w/ Ranch  
Dressing  
**Fresh Apple**

## DID YOU KNOW...

- ✓ All grain products are whole grain rich
- ✓ There are no pork products on this menu
- ✓ Meats are lean and cheeses are low fat
- ✓ All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup

## Lunch Milk Choices

1% Milk and Skim Milk

## Please Note

**Locally Grown Component Served Daily**

Menu is subject to change.  
Vegetarian Meal Options are indicated with a "V"





# Lunch K-8

**MAY 2024**

MON	TUE	WED	THU	FRI
		1 Hot Honey Chicken Ciabatta Sandwich <b>or</b> French Toast Sticks w/ Scrambled Eggs (V) Roasted Sweet Potatoes <b>Fresh Apple</b>	2 Adobo Chicken w/ Cilantro Brown Rice & Street Corn <b>or</b> Veggie Burger w/ Ketchup & Roasted Potatoes (V) Fresh Banana	3 Egg Salad Sandwich (V) <b>or</b> French Bread Cheese Pizza (V) Celery w/ Ranch Dressing <b>Fresh Apple</b>
6 Meatloaf w/ Gravy, Mashed Potatoes & Whole-Wheat Bun <b>or</b> Cheese Quesadilla w/ Sour Cream and Street Corn (V) <b>Fresh Apple</b>	7 BBQ Chicken w/ Brown Rice & Baked Beans <b>or</b> Spanish Rice w/ Beans & Cheese (V) Fresh Pear	8 Buffalo Chicken Melt Flatbread Celery Sticks w/ Ranch Dressing <b>or</b> Cheese Raviolis w/ Green Beans (V) <b>Fresh Apple</b>	9 Turkey Fajita w/ Brown Rice & Carrots <b>or</b> Stuffed Bread Sticks w/ Marinara Sauce & 100% Vegetable Juice (V) Fresh Banana	10 NEW! Southwestern Chicken Salad w/ Pita Bread & Ranch Dressing <b>or</b> Cheese Pizza w/ Garden Salad & Ranch Dressing <b>Fresh Apple</b>
13 BBQ Beef Meatballs w/ Club Roll <b>or</b> Pasta w/ Tomato Sauce & Mozzarella Cheese (V) Broccoli <b>Fresh Apple</b>	14 Chicken Tenders w/ Ketchup & Roasted Potatoes <b>or</b> Protein Pasta Alfredo w/ Whole-Wheat Bread Slice & Peas (V) Fresh Pear	15 Turkey Hot Dog w/ Ketchup & Baked Beans <b>or</b> Spanish Rice w/ Beans & Cheese (V) <b>Fresh Apple</b>	16 Chicken Caesar Salad w/ Pita Bread & Ranch Dressing <b>or</b> Cheese Lasagna in Tomato Sauce w/ Green Beans (V) Fresh Banana	17 Chicken Breast Sandwich w/ Mayo <b>or</b> French Bread Cheese Pizza (V) Baby Carrots w/ Ranch Dressing <b>Fresh Apple</b>
20 Beef Cheeseburger w/ Ketchup <b>or</b> Egg & Cheese Sandwich w/ Ketchup (V) Roasted Potatoes <b>Fresh Apple</b>	21 Turkey Salsa Bowl w/ Ranchero Rice & Pinto Beans <b>or</b> NEW! Latin Bean Melt Flatbread (V) Fresh Pear	22 Spaghetti & Beef Meatballs in Tomato Sauce w/ Broccoli <b>or</b> Veggie Burger w/ Ketchup Garden Side Salad w/ Ranch Dressing (V) <b>Fresh Apple</b>	23 Crispy Cheesy Chicken Biscuit Sandwich Celery Sticks w/ Ranch Dressing <b>or</b> Cobb Salad w/ Pita Bread (V) Fresh Banana	24 Turkey & Cheese Sandwich w/ Mayo <b>or</b> Cheese Pizza (V) Baby Carrots w/ Ranch Dressing <b>Fresh Apple</b>
27	28 Beef Meatballs in Tomato Sauce w/ Club Roll <b>or</b> Home-Style Macaroni & Cheese (V) Broccoli Fresh Pear	29 Hot Honey Chicken Ciabatta Sandwich <b>or</b> French Toast Sticks w/ Scrambled Eggs (V) Roasted Sweet Potatoes <b>Fresh Apple</b>	30 Adobo Chicken w/ Cilantro Brown Rice & Street Corn <b>or</b> Veggie Burger w/ Ketchup & Roasted Potatoes (V) Fresh Banana	31 Egg Salad Sandwich (V) <b>or</b> French Bread Cheese Pizza (V) Celery w/ Ranch Dressing <b>Fresh Apple</b>

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