

LUNCH MENU

FROM MONDAY, APRIL 29, 2024 TO FRIDAY, MAY 3, 2024

	WEDNESDAY May 1	THURSDAY May 2	FRIDAY May 3
MAIN ENTRÉE Min 1 oz M/MA + 1 oz Grain	NEW Cheese Ravioli in a Butter Sauce	Breakfast For Lunch: Waffles & Turkey Bacon	Cinco De Mayo: Turkey Tacos on Flour Tortillas
VEGETARIAN ENTRÉE Min 1 oz M/MA + 1 oz Grain	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches
VEGETABLES ¾ C	Steamed Broccoli	Hash Browns	NEW Esquites
FRUIT ½ C	Fresh fruit	Fresh fruit	Fresh fruit
MILK 1 C	Low-fat & Fat-free	Low-fat & Fat-free	Low-fat & Fat-free

Vegetarian Vegan **NEW** New Gluten Egg Soy Dairy

We offer Sunflower Butter and Jelly Sandwiches and Cheese Sandwiches on Whole Wheat Bread Daily.
We serve beans weekly, up to 3/4 cup per week.
This institution is an equal opportunity provider.

non-vegetarian

LUNCH MENU

FROM MONDAY, MAY 6, 2024 TO FRIDAY, MAY 10, 2024

	MONDAY May 6	TUESDAY May 7	WEDNESDAY May 8	THURSDAY May 9	FRIDAY May 10
MAIN ENTRÉE Min 1 oz M/MA + 1 oz Grain	 Pasta Marinara with Cheese  	Sweet Carolina BBQ Chicken  Whole Wheat Bread  	Ground Turkey Burrito Bowl with Rice 	Chicken Tenders    Whole Wheat Bread  	 Cheese Pizza   
VEGETARIAN ENTRÉE Min 1 oz M/MA + 1 oz Grain	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches   	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches   	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches   	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches   	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches   
VEGETABLES ¾ C	 Roasted Carrots	 Steamed Green Beans	 Steamed Corn	 Steak Fries 	 Vegetable Medley
FRUIT ½ C	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
MILK 1 C	Low-fat & Fat-free 	Low-fat & Fat-free 	Low-fat & Fat-free 	Low-fat & Fat-free 	Low-fat & Fat-free 

 Vegetarian  Vegan  Gluten  Soy  Dairy

We offer Sunflower Butter and Jelly Sandwiches and Cheese Sandwiches on Whole Wheat Bread Daily.
We serve beans weekly, up to 3/4 cup per week.
This institution is an equal opportunity provider.

non-vegetarian

LUNCH MENU

FROM MONDAY, MAY 13, 2024 TO FRIDAY, MAY 17, 2024

	MONDAY May 13	TUESDAY May 14	WEDNESDAY May 15	THURSDAY May 16	FRIDAY May 17
MAIN ENTRÉE Min 1 oz M/MA + 1 oz Grain	 Mac & Cheese  	Indian Style Butter Chicken Over Rice 	 Mild Buffalo Beef Meatballs    	Breakfast For Lunch: French Toast     Turkey Bacon	Chicken Lo Mein  
VEGETARIAN ENTRÉE Min 1 oz M/MA + 1 oz Grain	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches   	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches   	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches   	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches   	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches   
VEGETABLES ¾ C	 Steamed Broccoli	 Steamed Green Beans	 Roasted Carrots	 Roasted Plantains	 Vegetable Medley
FRUIT ½ C	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
MILK 1 C	Low-fat & Fat-free 	Low-fat & Fat-free 	Low-fat & Fat-free 	Low-fat & Fat-free 	Low-fat & Fat-free 
































 Vegetarian  Vegan  New  Gluten  Egg  Soy  Dairy

We offer Sunflower Butter and Jelly Sandwiches and Cheese Sandwiches on Whole Wheat Bread Daily.
We serve beans weekly, up to 3/4 cup per week.
This institution is an equal opportunity provider.

non-vegetarian

LUNCH MENU

FROM MONDAY, MAY 20, 2024 TO FRIDAY, MAY 24, 2024

	MONDAY May 20	TUESDAY May 21	WEDNESDAY May 22	THURSDAY May 23
MAIN ENTRÉE Min 1 oz M/MA + 1 oz Grain	 Cheese Tortellini in a Butter Sauce   	Turkey Tacos   Flour Tortillas  	Blackened Chicken Over Rice	Beef Hot Dogs  Whole Wheat Buns  
VEGETARIAN ENTRÉE Min 1 oz M/MA + 1 oz Grain	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches   	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches   	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches   	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches   
VEGETABLES ¾ C	 Roasted Carrots	 Steamed Green Beans	 Steamed Peas	 Roasted Potatoes
FRUIT ½ C	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
MILK 1 C	Low-fat & Fat-free 	Low-fat & Fat-free 	Low-fat & Fat-free 	Low-fat & Fat-free 
































 Vegetarian  Vegan  Gluten  Egg  Soy  Dairy

We offer Sunflower Butter and Jelly Sandwiches and Cheese Sandwiches on Whole Wheat Bread Daily.
We serve beans weekly, up to 3/4 cup per week.
This institution is an equal opportunity provider.

non-vegetarian

LUNCH MENU

FROM TUESDAY, MAY 28, 2024 TO FRIDAY, MAY 31, 2024

	TUESDAY May 28	WEDNESDAY May 29	THURSDAY May 30	FRIDAY May 31
MAIN ENTRÉE Min 1 oz M/MA + 1 oz Grain	 Baked Ziti  	Beef Burgers  Whole Wheat Buns  	Breakfast For Lunch: Pancakes   	NEW Spring Lemon Chicken Over Rice 
VEGETARIAN ENTRÉE Min 1 oz M/MA + 1 oz Grain	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches   	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches   	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches   	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches   
VEGETABLES ¾ C	 Roasted Carrots	 Tater Tots 	 Roasted Plantains	 Vegetable Medley
FRUIT ½ C	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
MILK 1 C	Low-fat & Fat-free 	Low-fat & Fat-free 	Low-fat & Fat-free 	Low-fat & Fat-free 

 Vegetarian  Vegan **NEW** New  Gluten  Egg  Soy  Dairy

We offer Sunflower Butter and Jelly Sandwiches and Cheese Sandwiches on Whole Wheat Bread Daily.
We serve beans weekly, up to 3/4 cup per week.
This institution is an equal opportunity provider.

non-vegetarian