
































# LUNCH MENU

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

|                   | MONDAY<br>May 20   | TUESDAY<br>May 21   | WEDNESDAY<br>May 22   | THURSDAY<br>May 23  |
|-------------------|--|---|---|---|
| MAIN ENTRÉE       |  Cheese Tortellini in a Butter Sauce<br>   | Turkey Tacos <br> Flour Tortillas   | Blackened Chicken Over Rice   | Beef Hot Dogs<br> Whole Wheat Buns                         |
| VEGETARIAN ENTRÉE | 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        |  Roasted Carrots  |  Steamed Green Beans   |  Steamed Peas  |  Roasted Potatoes  |
| FRUIT             | Fresh fruit  | Fresh fruit   | Fresh fruit   | Fresh fruit   |
| MILK<br>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<br>May 28   | WEDNESDAY<br>May 29   | THURSDAY<br>May 30   | FRIDAY<br>May 31  |
|-------------------|---|---|--|---|
| MAIN ENTRÉE       |  Baked Ziti    | Beef Burgers<br><br> Whole Wheat Buns                        | Breakfast For Lunch: Pancakes<br>   <br><br>Turkey Bacon | <b>NEW</b> Spring Lemon Chicken Over Rice<br>  |
| VEGETARIAN ENTRÉE | 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        |  Roasted Carrots   |  Tater Tots   |  Roasted Plantains  |  Vegetable Medley  |
| FRUIT             | Fresh fruit   | Fresh fruit   | Fresh fruit  | Fresh fruit   |
| MILK<br>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

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# LUNCH MENU

FROM MONDAY, JUNE 3, 2024 TO FRIDAY, JUNE 7, 2024

|                   | MONDAY<br>June 3  | TUESDAY<br>June 4                                       | WEDNESDAY<br>June 5   | THURSDAY<br>June 6                                      | FRIDAY<br>June 7  |
|-------------------|---|---|---|---|---|
| MAIN ENTRÉE       | <b>NEW</b> Three Cheese Baked Bowtie Pasta              | Beef Tacos<br>Flour Tortillas                           | <b>NEW</b> General Tso's Glazed Turkey Meatballs with Rice<br>Whole Wheat Bread | Chicken Tenders<br>Whole Wheat Bread                    | Cheese Pizza  |
| VEGETARIAN ENTRÉE | 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        | Steamed Broccoli  | Steamed Green Beans                                     | Roasted Carrots   | Steak Fries   | Vegetable Medley  |
| FRUIT             | Fresh fruit   | Fresh fruit   | Fresh fruit   | Fresh fruit   | Fresh fruit   |
| MILK<br>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** New Gluten Egg Soy Dairy

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non-vegetarian

# LUNCH MENU

FROM MONDAY, JUNE 10, 2024 TO FRIDAY, JUNE 14, 2024

|                   | MONDAY<br>June 10  | TUESDAY<br>June 11  | WEDNESDAY<br>June 12  | THURSDAY<br>June 13   | FRIDAY<br>June 14   |
|-------------------|--|---|---|---|---|
| MAIN ENTRÉE       | Penne Pasta with Spinach, Tomatoes & Turkey Bacon with Butter Sauce 🌾🥛 | Chinese Style Chicken with Broccoli & Rice 🌾🥛               | Breakfast For Lunch: Waffles 🌾🥚🥛<br>Turkey Bacon            | Latin Style Turkey Meatballs with Roasted Potatoes 🌾🥚🥛<br>✔️ Whole Wheat Bread 🌾🥛 | Grilled Chicken Parm Bites with Pasta 🌾🥛                    |
| VEGETARIAN ENTRÉE | 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        | ✔️ Roasted Carrots   | ✔️ Sauteed Spinach  | ✔️ Roasted Plantains  | ✔️ Steamed Green Beans  | ✔️ Vegetable Medley   |
| FRUIT             | Fresh fruit  | Fresh fruit   | Fresh fruit   | Fresh fruit   | Fresh fruit   |
| MILK 1C           | Low-fat & Fat-free 🥛   | Low-fat & Fat-free 🥛  | Low-fat & Fat-free 🥛  | Low-fat & Fat-free 🥛  | Low-fat & Fat-free 🥛  |







✔️ Vegan 🌾 Gluten 🥚 Egg 🥛 Soy 🥛 Dairy

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# LUNCH MENU

FROM MONDAY, JUNE 17, 2024 TO FRIDAY, JUNE 21, 2024

|                   | TUESDAY<br>June 18  | THURSDAY<br>June 20   |
|-------------------|---|---|
| MAIN ENTRÉE       | Chinese Style Chicken with Broccoli & Rice    | Turkey Tacos <br> Flour Tortillas   |
| VEGETARIAN ENTRÉE | Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches    | Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches      |
| VEGETABLES        |  Roasted Carrots   |  Steamed Corn  |
| FRUIT             | Fresh fruit   | Fresh fruit   |
| MILK              | Low-fat & Fat-free   | Low-fat & Fat-free   |

 Vegan  Gluten  Soy  Dairy

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