



May 2022 Menu

Menu subject to change

*Snack indicated is served after 3:30pm for students in After School. All students also have fresh fruit and vegetables offered throughout the day.

	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Week 1-April 25-29</p> <p>Fresh fruit served with each meal daily.</p> <p>Low-fat and Fat-free milk offered daily</p>	<p>Breakfast:Grab and Go WG cereal</p> <p>Lunch:Veggie Fried Rice Soy Green Beans, Spring Rolls</p> <p>Snack: W.G. cracker fruit</p>	<p>Breakfast:French Toast Sticks Turkey Sausage WG cereal</p> <p>Lunch:Balsamic Chicken Diced Potatoes, Green Peas, 2oz roll</p> <p>*Snack:W.G. cracker, fruit</p>	<p>Breakfast:W.G English Muffin, Egg and Cheese WG cereal</p> <p>Lunch: Roast Turkey Garlic Cauliflower, sweet Potatoes, Corn bread</p> <p>*Snack:Granola bar, fruit</p>	<p>Breakfast:W.G.Waffles 1oz syrup Turkey Bacon WG cereal</p> <p>Lunch: General Tsos Chicken, Jasmine Rice, Broccoli</p> <p>*Snack:WG goldfish, fruit</p>	<p>Breakfast:W.W. bagel cream cheese, egg WG cereal</p> <p>Lunch: Burgers, Fries, Baked Bean</p> <p>*Snack:WG cookie, fruit</p>
<p>Week 2 - May 2-6</p> <p>Fresh fruit served with each meal daily.</p> <p>Low-fat and Fat-free milk offered daily</p>	<p>Breakfast: Grab and go WG cereal</p> <p>CLOSED</p> <p>Lunch:</p> <p>*Snack:WG cookie, fruit</p>	<p>Breakfast:French Toast Sticks Turkey Sausage WG cereal</p> <p>Lunch: Arroz con Pollo Plantains, Black Beans and Brown Rice</p> <p>*Snack:Cheese stick fruit</p>	<p>Breakfast:W.G .English Muffin, Egg and Cheese WG cereal</p> <p>Lunch:Beef Goulash Egg Noodles, Baked Tomato</p> <p>*Snack:granola bar, fruit</p>	<p>Breakfast:W.G.Waffles 1oz syrup Turkey Bacon WG cereal</p> <p>Lunch:Chicken Fingers Mac and Cheese, Green Peas</p> <p>*Snack:smart pop, fruit</p>	<p>Breakfast:W.W. Bagel Cream Cheese Egg WG cereal</p> <p>Lunch:Hot Dogs Sweet Potato Fries Corn and Peppers</p> <p>*Snack:yogurt, fruit</p>
<p>Week 3- May 9-13</p> <p>Fresh fruit served with each meal daily.</p> <p>Low-fat and Fat-free milk offered daily</p>	<p>Breakfast: Grab and go WG cereal</p> <p>Lunch:Vegetable Alfredo Green and Yellow Squash Side Kale Salad</p> <p>Snack:WG chips, fruit</p>	<p>Breakfast:French Toast Sticks Turkey Sausage WG cereal</p> <p>Lunch:Meatballs with Gravy, Mashed Potatoes Green Peas</p> <p>Snack:WG pretzels, fruit</p>	<p>Breakfast:W.G .English Muffin, Egg and Cheese WG cereal</p> <p>Lunch:BBQ Drumsticks Yellow Rice And Peas Tostones</p> <p>Snack:WG cracker, fruit</p>	<p>Breakfast:W.G.Waffles 1oz Syrup Turkey Bacon WG cereal</p> <p>Lunch:Roast Turkey Honey Carrots, Parsnip Fries, Corn Bread</p> <p>Snack:WG goldfish, fruit</p>	<p>Breakfast:W.W. Bagel Cream Cheese, Egg WG cereal</p> <p>Lunch:Pizza, Spiced Chickpeas, Celery Sticks</p> <p>Snack:Smart pop, fruit</p>
<p>Week 4-April 18-22</p> <p>Fresh fruit served with each meal daily.</p> <p>Low-fat and Fat-free milk offered daily</p>	<p>Breakfast:Grab and Go WG cereal</p> <p>Lunch: Veggie lo Mein Sesame Carrots</p> <p>*Snack:WG Teddy Grahams fruit</p>	<p>Breakfast:French Toast Sticks, Turkey Sausage WG cereal</p> <p>Lunch:Chicken Parm W.W. Penne, Lemon Peas</p> <p>*Snack:WG pretzels, fruit</p>	<p>Breakfast:W.G.English Muffin, Egg and Cheese WG cereal</p> <p>Lunch: Pepper Steak Pigeon Peas, Brown Rice Plantains</p> <p>*Snack:WG bar fruit</p>	<p>Breakfast:W.G.Waffles 1oz syrup, Turkey Bacon WG cereal</p> <p>Lunch: Jerk Chicken, Yams Black Eyed Peas, Corn Bread</p> <p>*Snack:WG, crackers, fruit</p>	<p>Breakfast:W.W. Bagel Cream Cheese, Egg WG cereal</p> <p>Lunch:Sloppy Joes Corn on the Cob Tater Tots</p> <p>Snack:Smart pop, fruit</p>