

May 2018 Lunch Menu: WMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 Cheeseburger on a whole grain bun Baked beans Red pepper strips Peaches Milk Alternate: Turkey sandwich	1 French bread pizza Mixed greens with grape tomatoes Apple slices & orange wedges Milk Alternate: Bratwurst on a whole grain bun	2 Sloppy Joe on a whole grain bun Tater tots Coleslaw Watermelon Milk Alternate: Chicken patty on a whole grain bun	3 Bosco breadsticks with marinara sauce Cauliflower & baby carrots Fruit cocktail Milk Alternate: Ham sandwich	4 Home made chili Celery sticks & broccoli Fresh baked breadsticks Goldfish crackers Pears Milk Alternate: Little Caesar's pizza
7 Tacos Whole grain soft shells Shredded cheese Romaine Diced tomato Black beans Oranges Milk Alternate: Chili wrap	8 Italian Penne Pasta Romaine & Spinach Salad Garlic Bread Peaches Milk Alternate: Sausage Pizza	Early Release 9 Hot dog on a bun Sweet Potato Fries Baked beans Peaches Milk Alternate: Cheeseburger on a whole grain bun	10 Chicken Tender Strips Mashed potatoes Cucumber Slices Whole grain rolls Melon Milk Alternate: Turkey and cheese Wraps with Spinach	11 Home made turkey stew Soft pretzels Broccoli & baby carrots Fruit cocktail Milk Alternate: Little Caesar's pizza
14 Chicken patty on a whole grain bun Red pepper strips Celery sticks Watermelon Milk Alternate: Pizza burger on a whole grain bun	15 Chili Romaine & Spinach Salad Grape Tomatoes Fresh baked bread sticks Pears Milk Alternate: Pepperoni pizza	16 Orange chicken with brown rice Broccoli Whole grain roll Fortune cookie Apple sauce cups Milk Alternate: Egg roll or turkey sandwich	17 Breaded pork patty Mashed potatoes & gravy Diced carrots Whole grain roll Apple slices & orange wedges Milk Alternate: Ham sandwich	18 Chicken fajita Salad Black beans & grape tomatoes Tortilla chips Whole grain roll Pineapple Milk Alternate: Little Caesar's pizza
21 Corn dogs Baked beans Sweet potato puffs Grapes Milk Alternate: Turkey sandwich	22 Turkey & gravy over mashed potatoes Steamed Broccoli Whole grain roll Peaches Milk Alternate: Ham & cheese wrap	Early Release 23 Sub sandwich Shredded Romaine Tomato slices Pepper Medley Fruit cocktail Milk Alternate: Chicken patty on a whole grain bun	24 Cheeseburger on a whole grain bun Fresh broccoli & cauliflower Nacho Doritos Apple sauce cups Milk Alternate: Bratwurst on a whole grain bun	25 Minestrone soup Turkey sandwich Baby carrots & celery sticks Pears Milk Alternate: Little Caesar's pizza
28 MEMORIAL DAY NO SCHOOL	29 Chicken patty on a whole grain bun Baby carrots Cucumber slices Watermelon Milk Alternate: Pizza burger on a whole grain bun	30 Orange Chicken Brown Rice Steamed Broccoli Whole Grain Roll Fortune Cookie Milk Alternate: Egg Roll or Turkey Wrap	31 Chicken Nuggets Romaine & Spinach Salad Tomatoes Grapes Cookie Milk Alternate: Pizzaburger on Whole Grain bun	

News- Early Release 5/9 & 5/23**No School 5/28-Memorial Day**

Milk Choices-Fat free chocolate or white or 1% white

Daily Alternate lunch choices-Chef's Salad or Garden Salad-Yogurt with cheese stick and Whole Grain Roll- Peanut Butter and Jelly Grab -n- Go.

All bread served is whole grain; including pizza crust. Menu is subject to change.

This institution is an equal opportunity provide.