

**"Be a Waste
Warrior"**

Weekly Fresh Vegetable Offerings
Monday: Baby Carrots with Dip
Tuesday: Broccoli Bites with Dip
Wednesday: Ripe Cherry Tomatoes
Thursday: Power Peas
Friday: Roasted Chickpeas

May Elementary 2023 Lunch Menu

1	2	3	4	5
<p>"May Breakfast" 1. French Toast Sticks topped with Blueberries & Breakfast sausage 2. Mozzarella Sticks with Marinara Sauce Carrot & Raisin Salad A variety of Chilled Fruit & Milk</p>	<p>1. Italian Meatball Sandwich 2. Hummus & Veggie Fun Lunch w/Tortilla Chips & String Cheese Pasta Salad w/ Fresh Veggies A variety of Chilled Fruit & Milk</p>	<p>1. General Tso's Chicken Lucky Fried Rice 2. Retro Cheese Pizza "Discovery Kitchen" Bok Choy & Noodle salad A variety of Chilled Fruit & Milk</p>	<p>1. Grilled Chicken Pepper & Onion Quesadilla with Salsa Dip 2. Yogurt Muffin Fun Lunch w/Granola & String Cheese Oven Baked Fries A variety of Chilled Fruit & Milk</p>	<p>"National School Lunch Hero Day" 1. Cheese Pizza 2. Chicken Caesar Salad Offered w/ a Dinner Roll Caesar Salad A variety of Chilled Fruit & Milk</p>
8	9	10	11	12
<p>1. Crispy Fish Nuggets w/ Tartar Sauce 2. Mozzarella Sticks with Marinara Sauce Oven Baked Fries A variety of Chilled Fruit & Milk</p>	<p>1. Nacho Fiesta "Local" Seasoned Beef Tortilla Chips Lettuce, Salsa & Cheese 2. Hummus & Veggie Fun Lunch w/Tortilla Chips & String Cheese Orange Glazed Carrots A variety of Chilled Fruit & Milk</p>	<p>1. Crispy Chicken Nuggets with Dinner Roll 2. Retro Cheese Pizza "Discovery Kitchen" Fresh Broccoli Slaw A variety of Chilled Fruit & Milk</p>	<p>1. Oven Roasted Turkey Local Mashed Potatoes and Gravy Dinner Roll 2. Yogurt Muffin Fun Lunch w/Granola & String Cheese Seasoned Corn A variety of Chilled Fruit & Milk</p>	<p>1. Cheese Pizza 2. Chicken Caesar Salad Offered w/ a Dinner Roll Roasted Garbanzo Beans Broccoli Raisin Salad A variety of Chilled Fruit & Milk</p>
15	16	17	18	19
<p>1. Pasta & Italian Meat Sauce Offered w/ a Dinner Roll 2. Mozzarella Sticks with Marinara Sauce Oven Roasted Zucchini Squash A variety of Chilled Fruit & Milk</p>	<p>"National BBQ Day" 1. BBQ Pulled Pork Sandwich 2. Hummus & Veggie Fun Lunch w/Tortilla Chips & String Cheese Cilantro Lime Cole Slaw A variety of Chilled Fruit & Milk</p>	<p>1. All Beef Hot Dog 2. Retro Cheese Pizza "Discovery Kitchen" Spinach & Cranberry Salad A variety of Chilled Fruit & Milk</p>	<p>1. Crispy Fries Topped with Cheddar Cheese Sauce & Beef Chili 2. Yogurt Muffin Fun Lunch w/Granola & String Cheese Steamed Broccoli A variety of Chilled Fruit & Milk</p>	<p>1. Cheese Pizza 2. Chicken Caesar Salad Offered w/ a Dinner Roll Roasted Garbanzo Beans Garden Salad A variety of Chilled Fruit & Milk</p>
22	23	24	25	26
<p>1. Yogurt Parfait Vanilla Yogurt, Berries & Granola 2. Mozzarella Sticks with Marinara Sauce Spinach Strawberry Salad A variety of Chilled Fruit & Milk</p>	<p>1. Crispy Chicken Tenders Dinner Roll 2. Hummus & Veggie Fun Lunch w/Tortilla Chips & String Cheese Marinated Cucumber & Tomato Salad A variety of Chilled Fruit & Milk</p>	<p>1. Mini Pancakes Breakfast Sausage 2. Retro Cheese Pizza "Discovery Kitchen" Warm Blueberry Crisp A variety of Chilled Fruit & Milk</p>	<p>1. Classic Cheeseburger 2. Yogurt Muffin Fun Lunch w/Granola & String Cheese Garden Side Salad A variety of Chilled Fruit & Milk</p>	<p>1. Cheese Pizza 2. Chicken Caesar Salad Offered w/ a Dinner Roll Roasted Garbanzo Beans Red Bliss Potato Salad A variety of Chilled Fruit & Milk</p>
29	30	31	<p>Breakfast is Offered Daily Menu Rotation Is posted on the District Website You may also view the menu on the Nutrislice App on your mobile device</p>	
<p>Memorial Day No School</p>	<p>1. Triple Grilled Cheese 2. Hummus & Veggie Fun Lunch w/Tortilla Chips & String Cheese Baked Smiley Potatoes A variety of Chilled Fruit & Milk</p>	<p>1. Chicken & Vegetable Pot Stickers Sweet Orange Dipping Sauce 2. Retro Cheese Pizza "Discovery Kitchen" Sweet & Tangy Broccoli Salad A variety of Chilled Fruit & Milk</p>	<p>Melissa M. Read Director of Dining Services Please contact me with any question. Melissa.Read@compass-usa.com Please let us know if you have a medically documented food allergy, so we may work with you to create and implement a menu plan.</p>	

All items are made with whole grains.
All meals are served with a variety of fruits and vegetables--local when available.
All meals are served with milk (1% low fat white, Skim or fat free chocolate).

Due to Recent Food Supply Issues Menu is subject to change.

This institution is an equal opportunity provider.