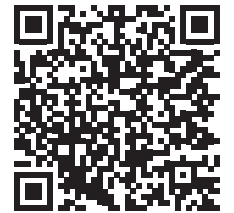


HEALTHY NUTRITION

May
2024



DOWNLOAD MENU
TO YOUR PHONE

- All varieties of dairy are made from whole milk.
- Our nutrition plan exclusively serves whole grain pasta, rice & bread items.
- All servings of vegetables are served fresh daily.
- Vegetarian Alternative Offered

All Healthy Menu items are Locally Sourced!
Ask your principal about vegetarian & vegan dietary needs!

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1</p> <p>a.m. Warm Pancakes w/ Banana Slices Sizzling Chicken Fajitas with Cheese Warm Flour Tortillas Fresh Tomato & Cheese Salad w/ Low Fat Ranch Fresh Melon p.m. Bananas & Pretzel</p>	<p>2</p> <p>a.m. Fresh Peaches & Cottage Cheese Savory Bean and Cheese Burritos Warm Flour Tortillas Vegetable Medley Apple Slices p.m. Sun Butter & Jam Sandwich Squares</p>	<p>3</p> <p>a.m. Warm Cinnamon Apples & Graham Crackers Warm Tomato Soup Toasted Cheese Sandwich Fresh Peas Fruit Medley p.m. English Muffins W/ Sun butter & Bananas Slices</p>
		<p>6</p> <p>a.m. Chex Cereal & Berries Savory Chicken and Cheese Enchiladas Fluffy Spanish Rice Corn off the Cob Crisp Apple Sauce p.m. Cheese Itz Crackers & Fruit</p>	<p>7</p> <p>a.m. Warm Muffins and Fruit Hearty Potato Beef Bake Whole Grain Bread Diced Carrots Mandarin Oranges p.m. Animal Crackers & Cucumber Slices</p>	<p>8</p> <p>a.m. Yogurt & Granola Oven Roasted Chicken w/ Herb Stuffing Whole Grain Bread Fresh Green Beans Sweet Pears p.m. Fresh Melon & Crackers</p>
<p>13</p> <p>a.m. Whole Grain Waffles & Berries Comforting Sliced Potato and Ham Casserole Wheat Bread Roasted Asparagus Fresh Pears p.m. Pita Bread & Hummus</p>	<p>14</p> <p>a.m. Biscuits & Fruit Flame Broiled Burgers w/ Cheese On Wheat Bread Roasted Cauliflower Fresh Pineapple p.m. Cheese Itz Crackers & Carrots</p>	<p>15</p> <p>a.m. Wheat Cheese Toast Savory Lean Turkey Gou-lash Toasted Pita Bread Roasted Zucchini & Squash Mandarin Oranges p.m. Sun butter & Jam Sandwich Squares</p>	<p>16</p> <p>a.m. Cinnamon Toast & Fruit Hearty Chicken Pot Pie Fresh Tomato & Cheese Salad w/ Low Fat Italian Bananas p.m. Carrots w/ Ranch Dip and Crackers</p>	<p>17</p> <p>a.m. Pancakes w/ Banana Slices Savory Vegetarian Lasagna Bake Toasted Garlic Bread Fresh Peas & Carrots Crisp Apple Slices p.m. Cheese & Tomato Quesadilla</p>
<p>20</p> <p>a.m. Bagels w/ Sun Butter Cod Filet Tacos On Corn Tortillas Fresh Coleslaw & Pinto Beans Sweet Peaches p.m. Cheese Slices & Whole Wheat Crackers</p>	<p>21</p> <p>a.m. Sausage Biscuit Comforting Spaghetti w/ Ground Turkey & Marinara Toasted Garlic Bread Vegetable Medley Apple Sauce p.m. English Muffin Cheese & Pepperoni Slices</p>	<p>22</p> <p>a.m. Yogurt & Granola Hearty Meatloaf & Mashed Potatoes Wheat Bread Corn off the Cob Fruit Medley p.m. Fresh Apple Slices & Animal Crackers</p>	<p>23</p> <p>a.m. Pancakes w/ Banana Slices Chicken Noodle Casserole Toasted Garlic Bread Fresh Tomato & Cheese Salad w/ Low Fat Ranch Fresh Melon p.m. Bananas & Pretzel</p>	<p>24</p> <p>a.m. Peaches & Cottage Cheese Veggie Stir fry W/ Brown Rice Fresh Snap Peas Mandarin Oranges Sun Butter & Jam Sandwich Squares</p>
<p>HAPPY Memorial Day</p>	<p>28</p> <p>a.m. Biscuits & Fruit Chicken Noodle Soup Toasted Pita Bread Cauliflower Pears p.m. Cheese Itz Crackers & Carrots</p>	<p>29</p> <p>a.m. Wheat Cheese Toast Ham, Potato & Veggie Bake Wheat Bread Zucchini & Squash Mandarin Oranges p.m. Sun butter & Jam Sandwich Squares</p>	<p>30</p> <p>a.m. Cinnamon Toast & Fruit Chicken and *Broccoli Pasta Garlic Bread Peas & Carrots Mixed Fruit p.m. Carrots w/ Ranch Dip and Crackers</p>	<p>31</p> <p>a.m. Pancakes w/ Banana Slices Pinto Bean Chili W/ Corn Bread *Tomato & Cheese Salad w/ Low Fat Italian Fresh Apple Slices p.m. Cheese & Tomato Quesadilla</p>