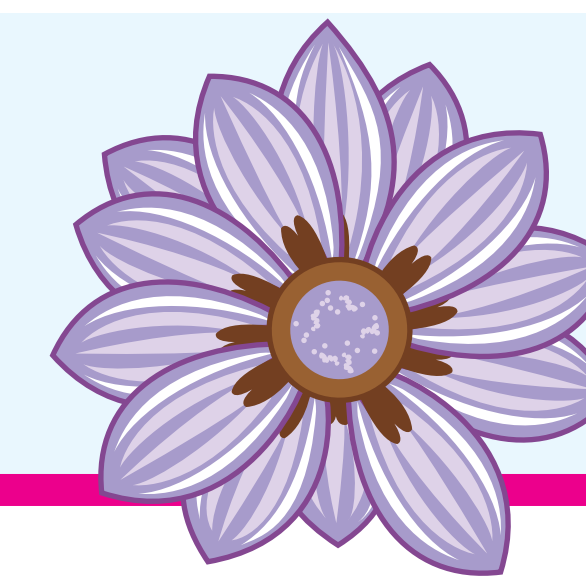


April Showers Bring May Flowers!



MAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

The "Healthier" indication on Entrees means 350 cal, 5 g sat. fat, on Soup, Salad, Sides means 250 cal, 5 g sat. fat, on Baked Goods means 230 cal, 5 g fat

Vegetarian Option ▼
 Low Fat Option ♥
 Healthier Option



Salad Bar and Fresh Fruit always available for lunch/brunch/dinner.

This institution is an equal opportunity provider. Menu subject to change.

<p>6</p> <p>Breakfast Applesauce or Fresh Fruit Whole Grain Egg & Cheese Biscuit Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p>Lunch Chopped Salad</p> <p>Flatbread Pepperoni Pizza Flatbread Cheese Pizza Veggie Flatbread Pizza ♥▼</p> <p>Whole Grain Flatbread Roasted Green Beans Diced Peach Cup or Fresh Fruit 1% Milk or Fat Free Milk</p> <p>Snack: Whole Grain Goldfish Apple Juice</p>	<p>7</p> <p>Breakfast Apple Slices or Fresh Fruit Whole Grain Bagel Whole Grain Cereal, Strawberry Gogurt, 1% Milk or Fat Free Milk</p> <p>Lunch Lemon Greek Chicken Veggie Hummus ♥▼</p> <p>Brown Rice Tabouli Stir Fried Veggies Fresh Fruit or Fresh Fruit Salad 1% Milk or Fat Free Milk</p> <p>Snack: Whole Grain Pretzel Fish Fruit Cup</p>	<p>8</p> <p>Breakfast Fresh Fruit or Orange Juice Cup Warm Maple French Toast Trix Bar Whole Grain Cereal, Fruited Yogurt, 1% Milk or Fat Free Milk</p> <p>Lunch Buffalo Chicken Bites Buffalo Tofu Bites ♥▼</p> <p>French Fries Parmesan Zucchini Sticks Tomato Basil Salad Fresh Asian Pear or Fresh Fruit 1% Milk or Fat Free Milk</p> <p>Snack: WG Popcorn Apple Slices</p>	<p>9</p> <p>Breakfast Fresh Berries or Fresh Fruit Yogurt Parfait, Whole Grain Pop Tart String Cheese Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p>Lunch Chicken & Roasted Pepper Quesadilla Cheese Quesadilla ♥▼</p> <p>Whole Grain Tortilla Roasted Carrots Black Bean & Corn Salad Grapes or Fresh Fruit 1% Milk or Fat Free Milk</p> <p>Snack: Teddy Grahams Yogurt</p>	<p>10</p> <p>Breakfast Banana or Fresh Fruit Whole Grain Chicken Biscuit Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p>Lunch Southwest Philly Cheesesteak Southwest Veggie Cheesesteak ♥▼</p> <p>Whole Grain Sub Roll Cranberry Broccoli Salad Roasted Potato Wedges Cut Melon or Fresh Fruit 1% Milk or Fat Free Milk</p>
<p>13</p> <p>Breakfast Clementine or Fresh Fruit Whole Grain Mini Pancakes Nutrigrain Bar, String Cheese Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p>Lunch Cantaloupe & Mint Salad</p> <p>BBQ Chicken BBQ Vegan Chicken ▼</p> <p>Barley & Wild Rice Pilaf Baby Peas w/Lemon Fresh Baby Carrots w/Ranch Dressing Fresh Fruit 1% Milk or Fat Free Milk</p> <p>Snack: Nutrigrain Cereal Bar, Mandarin Oranges</p>	<p>14</p> <p>Breakfast Apple Juice or Fresh Fruit Whole Grain Blueberry Muffin Strawberry Smoothie Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p>Lunch Sliced Pork or Diced Chicken Vegetable Broth Diced Tofu ▼</p> <p>Whole Grain Spaghetti Noodles Marinated Edamame Chili & Garlic Bok Choy Apple Slices or Fresh Fruit 1% Milk or Fat Free Milk</p> <p>Snack: Whole Grain Pretzels Apple Juice</p>	<p>15</p> <p>Breakfast Fresh Fruit Whole Grain Toast, Whole Grain Bagel Scrambled Eggs Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p>Lunch Beef or Turkey Hot Dog Grilled Cheese ▼ Tomato Soup</p> <p>Whole Grain Bun Marinated Cucumbers Fresh Watermelon or Fresh Fruit 1% Milk or Fat Free Milk</p> <p>Snack: Teddy Grahams Fruit Cup</p>	<p>16</p> <p>Breakfast Banana or Fresh Fruit Apple Cinnamon Overnight Oats Pop Tart, String Cheese Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p>Lunch Blackeyed Pea Salad</p> <p>Chicken Salad Sandwich on Croissant Black Bean Hummus ▼</p> <p>Pita Bread Triangles Whole Grain Bun Fresh Vegetable Crudite Strawberries or Fresh Fruit 1% Milk or Fat Free Milk</p> <p>Snack: Multigrain Sunchips, Apple</p>	<p>17</p> <p>Breakfast Fresh Pear or Fresh Fruit Bacon, Egg & Cheese Croissant Croissant Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p>Lunch Brazilian Beef Pico de Gallo, Shredded Cheese & Lettuce Spiced Black Beans Entree</p> <p>Whole Grain Brown Rice Baked Plantains Chili Roasted Carrots Cilantro Lime Jicama Slaw Orange Sections or Fresh Fruit 1% Milk or Fat Free Milk</p>
<p>20</p> <p>Breakfast Fresh Fruit or Citrus Fruit Salad Blueberry Waffle Whole Grain Croissant, String Cheese Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p>Lunch Classic Potato Salad</p> <p>BBQ Pulled Pork or BBQ Chicken Salad Hot Spiced Apples BBQ Vegan Chicken ▼</p> <p>Whole Grain Crust Vegetarian Baked Beans Banana or Fresh Fruit</p> <p>Snack: Yogurt Whole Grain Pretzels</p>	<p>21</p> <p>Breakfast Apple Slices or Fresh Fruit Whole Grain Bagel, Gogurt Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p>Lunch Beef Chili or White Chicken Chili ♥ Black Bean & Sweet Potato Chili ▼</p> <p>Whole Grain Tortilla Chips Baked Potato Sweet Skillet Corn Combread Cut Melon or Fresh Fruit</p> <p>Snack: Nutrigrain Cereal Bar Cheese Stick</p>	<p>22</p> <p>Breakfast Fresh Grapes or Fresh Fruit Southwestern Breakfast Burrito Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p>Lunch Fresh Fruit Salad</p> <p>Chicken Curry Chickpea Marsala ♥▼</p> <p>Brown Rice Pita Bread Triangles Honey Glazed Carrots Sautéed Spinach Banana</p> <p>Snack: Peach Cup Teddy Grahams</p>	<p>23</p> <p>Breakfast Grapefruit Sections or Fresh Fruit Whole Grain Pop Tart Yogurt Parfait, String Cheese Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p>Lunch Whole Grain Pasta Salad</p> <p>Chicken Tenders Vegetarian Chicken Nuggets</p> <p>Whole Grain Biscuit Cucumber Sticks w/Ranch Dressing Sweet Potato Fries Applesauce or Fresh Fruit</p> <p>Snack: Cheezits Apple Juice</p>	<p>24</p> <p>Breakfast Banana or Fresh Fruit Whole Grain Pancake Chicken Sausage Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p>Lunch Flatbread Pepperoni Pizza Flatbread Cheese Pizza Veggie Burgers ♥▼</p> <p>Whole Grain Bun Marinated Tomatoes Herb Roasted Carrots Fresh Pears</p>
<p>27</p> <div style="text-align: center;"> <p>MEMORIAL DAY</p> </div>	<p>28</p> <p>Breakfast Orange Juice or Fresh Fruit Whole Grain Cereal Peach Smoothie Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p>Lunch Teriyaki Chicken Teriyaki Tofu Veggie Grilled Chicken Strips ♥▼</p> <p>Fried Brown Rice Fresh Steamed Broccoli Orange Slices or Fresh Fruit</p> <p>Snack: Sunchips Fruit Juice</p>	<p>29</p> <p>Breakfast Banana or Fresh Fruit Whole Grain Honey Biscuit Banana Bread, Hard Boiled Egg Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p>Lunch Cool Asparagus & Pea Salad</p> <p>Ham & Cheese Sub Whole Grain Sun Chips Lentil Salad ▼</p> <p>Whole Grain Sub Roll ♥ Quinoa Italian Baked Tomato Halves Apple Slices or Fresh Fruit</p> <p>Snack: Yogurt, Graham Crackers</p>	<p>30</p> <p>Breakfast Banana or Fresh Fruit Whole Grain Pop Tart Blueberry Muffin, String Cheese Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p>Lunch Lentil Salad</p> <p>Lemon Baked Tilapia Cheese Ravioli in Marinara Sauce ▼</p> <p>Brown Rice Pilaf Roasted Green Beans Fresh Baby Carrots w/Ranch Dressing Fresh Berries or Fresh Fruit</p> <p>Snack: Sliced Apples Whole Grain Goldfish</p>	<p>31</p> <p>Breakfast Fresh Fruit or Fruit Salad Whole Grain English Muffin w/Egg, Cheese & Turkey Bacon Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p>Lunch Chicken Caesar Wrap Hummus & Roasted Veggie Wrap ▼</p> <p>Whole Grain Tortilla Cucumber & Bell Pepper Crudite Roasted Potato Wedges Apple Slices</p>