

# Lunch May 2019

| Sun | Mon   | Tues   | Wed   | Thurs   | Fri  | Sat |
|-----|---|--|---|---|--|-----|
|     |   |  | 1 Roast pork w/BBQ sauce, whole grain bun, baked beans, corn, apples and oranges, milk <b>2nd Option: Sunbutter and Jelly</b>                   | 2 Soup and sandwich broccoli cheese or tomato soup, whole grain grilled cheese, carrot and celery stick, raisins <b>2nd Option: Tuna</b>    | 3 whole grain pizza, spinach, green peppers, whole grain cookie, pineapple, milk <b>2nd Option: Egg salad</b>                                | 4   |
| 5   | 6 Super nachos, whole grain chips, whole grain breadstick, refried beans, romaine lettuce, strawberries, milk <b>2nd Option: Turkey</b> | 7 Chicken pasta supreme, roasted broccoli, or glazed carrots, whole grain bun, assorted fruit, milk <b>2nd Option: Ham</b> | 8 Breakfast for lunch cheese omelet, whole grain french toast, tator tots, tomato juice, apples or oranges, milk <b>2nd Option: Boiled eggs</b> | 9 Fajita, whole grain tortilla, macaroni salad, corn, romaine lettuce, peppers and onions, applesauce delight, milk <b>2nd Option: Tuna</b> | 10 Meatball or turkey whole grain sub sandwich, whole grain chips, spinach, green peppers, assorted fruit, milk <b>2nd Option: Egg salad</b> | 11  |
| 12  | 13 Spaghetti with meat sauce, whole grain garlic toast, green beans, peaches, milk <b>2nd Option: Sunbutter and jelly</b>               | 14 Cooks Choice, assorted whole grain bread, assorted vegetables, assorted fruit, milk <b>2nd Option: Tuna</b>             | 15 School Picnic hamburger deluxe and hot dogs, whole grain buns, whole grain chips, carrot sticks, applesauce cups <b>No 2nd Option</b>        | 16 Turkey sandwich, whole grain bread, scooby snacks, baked beans, assorted fruit, milk <b>2nd Option: Ham</b>                              | 17 <b>Cooks Choice</b>   | 18  |
| 19  | 20  | 21   | 22  | 23  | 24   | 25  |
| 26  | 27  | 28   | 29  | 30  | 31   |     |