

Lunch Pre-K

MAY 2024

MON	TUE	WED	THU	FRI
		1 Turkey Salsa Bowl w/ Ranchero Rice & Pinto Beans or Home Style Macaroni & Cheese w/ Broccoli (V) Fresh Apple	2 Meatloaf w/ Gravy & Mashed Potatoes or Penne w/ Chickpeas in Tomato Sauce Broccoli (V) Apple Slices	3 Cheese Pizza (V) Garden Salad w/ Ranch Dressing Fresh Apple
6 Chicken Parmesan w/ Green Beans or Penne Pasta in Tomato Sauce w/ Mozzarella Cheese & Italian Vegetables (V) Apple Slices	7 Spanish Rice & Beans (V) Plantain Fresh Apple	8 Salisbury Steak w/ Roasted Potatoes or Falafel Nuggets w/ Whole Wheat Bread Slice & Corn (V) Fresh Pear	9 BBQ Chicken w/ Sweet Mashed Potatoes or Home-Style Macaroni & Cheese w/ Broccoli (V) Apple Slices	10 Turkey Fajita w/ Brown Rice & Corn or Cheese Pizza w/ Garden Salad & Ranch Dressing (V) Fresh Apple
13 Chicken Meatballs w/ Tomato Sauce, Mozzarella Cheese & Sub Roll or Cheese Raviolis w/ Tomato Sauce & Italian Vegetables (V) Apple Slices	14 Chicken Mole w/ Brown Rice Pilaf & Green Peas or Spanish Rice & Beans w/ Plantain (V) Fresh Pear	15 Chicken Fingers w/ Ketchup or Falafel Nuggets w/ Whole Wheat Bread Slice (V) Corn Fresh Apple	16 Penne w/ Beef Meat Sauce & Italian Vegetables or Penne w/ Chickpeas in Tomato Sauce Broccoli (V) Apple slices	17 Home-Style Macaroni & Cheese (V) Broccoli Fresh Apple
20 Chicken Bites w/ Roasted Potatoes or Vegetarian Chili w/ Brown Rice & Green Beans (V) Apple Slices	21 Turkey Chili w/ Whole Wheat Bread Slice & Mixed Vegetables or Spanish Rice & Beans w/ Plantain (V) Fresh Apple	22 Cheese Raviolis w/ Tomato Sauce (V) Italian Vegetables Fresh Pear	23 Adobo Chicken w/ Cilantro Brown Rice & Street Corn or Home-Style Macaroni & Cheese w/ Broccoli (V) Apple Slices	24 Penne Pasta in Tomato Sauce w/ Mozzarella & Ricotta Cheese (V) Italian Vegetables Fresh Apple
27 Pasta & Chicken Meatballs in Tomato Sauce w/ Italian Vegetables or Falafel Nuggets w/ Whole Wheat Bread Slice & Corn (V) Fresh Pear	28 Pasta & Chicken Meatballs in Tomato Sauce w/ Italian Vegetables or Falafel Nuggets w/ Whole Wheat Bread Slice & Corn (V) Fresh Pear	29 Turkey Salsa Bowl w/ Ranchero Rice & Pinto Beans or Home Style Macaroni & Cheese w/ Broccoli (V) Fresh Apple	30 Meatloaf w/ Gravy & Mashed Potatoes or Penne w/ Chickpeas in Tomato Sauce Broccoli (V) Apple Slices	31 Cheese Pizza (V) Garden Salad w/ Ranch Dressing Fresh Apple

DID YOU KNOW...

- ✓ All grain products are whole grain rich
- ✓ There are no pork products on this menu
- ✓ Meats are lean and cheeses are low fat
- ✓ All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup

Lunch Milk Choices

1% Milk and Skim Milk

Please Note

Locally Grown Component Served Daily

Menu is subject to change. Vegetarian Meal Options are indicated with a "V"

