

MAY 2012 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Bean & Cheese Burrito w/ Mild Fresh Salsa, Fresh Snap Peas & Orange Segments	2 Chili Topped with Cheese, Cornbread Muffin, Cucumber Slices & Strawberries	3 Peanut Butter & Jelly Bagel, Fresh Carrots & Pepper Slices, Apple Slices & Yogurt Dippers	4 Pork & Vegetable Stir Fry with Long Grain Brown Rice, Pineapple & Mango Pieces
7 Grilled Mozzarella Cheese Sandwiches w/ Marinara Dip, Fresh Broccoli Bites & Grape Slices	8 Grilled Tuna Patty, Roasted Rosemary Potatoes, a Whole Wheat Roll & Fruit Medley	9 Vegetarian Lasagna with a Breadstick and Mango Chunks	10 Grilled Chicken Breast Sandwich w/ Lettuce & Tomato Marinated Vegetable Salad, Kiwi & Mandarin Oranges	11 Vegetable Beef Barley Soup, Whole Wheat Crackers, Sliced Cheese Assortment with Strawberries & Bananas
14 Turkey BLT, Stir Fry Green Beans and Homemade Apple Cinnamon Puree	15 Homemade Cheese Pizza, Tossed Vegetable Salad with Apple Slices	16 Egg Salad Wrap with Multi-Colored Pepper Strips & Fresh Fruit Sorbet	17 Shredded Beef Sandwiches with Confetti Coleslaw, Pineapple & Mango Salad	18 Grilled Chicken & Broccoli Casserole, with Spinach & Mandarin Salad, & Cantaloupe Slices
21 Whole Wheat Cheese Quesadilla, Pico De Gallo, Black Bean Salad & Strawberries with Honey	22 Parmesan Breaded Chicken Strips with Veggie & Pasta Salad and Orange Slices	23 Oven-Roasted Chicken Drum Stick, Green Bean Almandine and Garlic Toast with Fruit Medley	24 Teriyaki Pork & Vegetarian Fried Rice, Sesame Pea-Pepper Stir Fry and Kiwi Slices	25 Turkey Avocado Wraps, Steamed Carrots and Apples w/ Honey-Cinnamon Glaze
28 CLOSED FOR MEMORIAL DAY	29 Whole Wheat French Toast Sticks with Turkey Sausage, Strawberries & Bananas	30 Grilled Citrus Chicken Breast on Fresh Mixed Greens and Fresh Pea Pods, Whole Wheat Chips with Fruit Salsa	31 Homemade Spaghetti with Fresh Tossed Salad and Sliced Strawberries	

*All fruits and vegetables are fresh. Any grain should be whole wheat or multi-grain. All milk based products such as cheeses are 2%. All meats should be lean cut and low sodium. Any dip should be low fat or fat free. All meals served with milk.