

# May 2013 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Egg Salad Wrap with Pepper Strips and Apple Slices	2 Shredded Beef on a Whole Wheat Roll with Confetti Coleslaw and Berry Yonana®	3 Mexi-Quinoa Salad, Spring Fruit and Snap Peas
6 Zucchini Italiano with Turkey Sausage, Breadstick and Grapefruit	7 Wheat Bread with Fresh Fruit Preserves and Peanut Butter, Cucumber and Cantaloupe	8 Whole Wheat Turkey Roasted Tomato Pasta with Roasted Broccoli and Fresh Fruit	9 Shredded Chicken Taco, Corn Salad and Apple Slices	10 Bean & Cheese Burritos, Pepper Strips and Honeydew
13 Cheesy Chicken Pasta with Cauliflower Florets, and Spring Fruit	14 Grilled Provolone Sandwich with Marinara Dipping Sauce, Grapefruit and Tossed Salad	15 Healthy Krab Salad Over Lettuce with Breadstick and Grapes	16 Turkey Cranberry Wrap with Lettuce and Tomato, Watermelon	17 Southwest Pizza With Peppers and Black Beans, Honeydew
20 Cheese & Shredded Beef Nachos with Lettuce & Tomato/ Salsa, and Cantaloupe	21 Roasted Jerk Chicken Wraps with Lettuce, Snap Peas and Grapes	22 Turkey Bacon BLT and Cheese Salad, Wheat Bread Stick and Spring Fruit	23 Turkey Waldorf Salad with Grapes and Celery, Garlic Bread Knot	24 Balsamic Glazed Pork Chops/ Herbed Couscous /Zucchini Stir Fry/ Grapefruit
27 Closed Memorial Day	28 Black Bean and Beef Sloppy Joes on Wheat Roll Snap Peas and Grapefruit	29 Vegetarian Bagel with Hummus and Pineapple	30 Sweet and Sour Turkey Brown Rice/Stir Fry Veggies, and Honeydew	31 Chicken & White Bean Salad over Greens Breadstick and Cantaloupe

\*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.