



Meals served with 3 or more items including a fruit or a vegetable are free for all students.

Milk without a meal \$0.60

Other Ala Carte items as marked.

School Nutrition Manager
Ashley Selleck
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Add funds to your students' account by visiting myschoolbucks.com

MAY 2022

<p>2 ALL SCHOOL COOKOUT Hot Dogs House made Sauerkraut Maple Baked Beans Pasta Salad</p>	<p>3 Meaty or Veggie Lasagna Snow Peas Mixed Green Salad</p>	<p>4 Steak and Cheese Sub Caramelized Onions with Peppers Green Bean Casserole Roasted Potato Wedges</p>	<p>5 Taco Bar Meat and Vegetarian Lettuce, Tomatoes Salsa Cheddar Cheese Refried Beans</p>	<p>6 Crispy Chicken Sandwich or Black Bean Burger Sweet Potato Fries Buttered Corn</p>
<p>9 Spaghetti and Beef or Tofu Meatballs Pesto or Marinara Sweet Green Peas Garlic Knots</p>	<p>10 BBQ Chicken Drumsticks or Tofu Roasted Carrots Brown Rice Maple Baked Beans</p>	<p>11 Brunch for Lunch Scrambled Eggs French Toast Sticks Rainbow Pepper Strips Spinach Salad w/ Mandarin Oranges</p>	<p>12 Beef or Vegetarian Stroganoff Over Whole Wheat Noodles Sweet Potato Half</p>	<p>13 Pizza Cheese, Pepperoni or Chef Choice Baby Kale Caesar Salad Roasted Chickpeas</p>
<p>16 Nachos with Chef Choice Toppings Cheese Sauce Sweet Potato Black Bean Hash</p>	<p>17 Chicken Tenders or Crispy Baked Tofu Buttermilk Biscuit Roasted Potato Wedges Lentil Salad</p>	<p>18 General Tsao's Chicken or Tofu Fried Rice Ginger Glazed Carrots</p>	<p>19 Rotini Meat Sauce or Marinara Steamed Broccoli Spinach Salad</p>	<p>20 Stromboli Cheese, Pepperoni or Chef's Choice Garlic Roasted Cauliflower</p>
<p>23 Cabot Cheese and Macaroni W/ Ham or Vegetarian Sweet Potato Fries Peas</p>	<p>24 BBQ Pulled Pork or BBQ Tofu Whole Grain Bun Creamy Coleslaw Maple Baked Beans</p>	<p>25 Tikka Masala Chicken or Tempeh Green Beans Cucumber Salad</p>	<p>26 Hand Rolled Burrito Beef or Bean Roasted Corn Salsa Slow Cooked Black Beans Southwestern Rice Pilaf</p>	<p>27 Pizza Cheese, Pepperoni or Chef Choice Roasted Chickpeas Caesar Salad</p>
<p>30 Memorial Day</p>	<p>31 Beef or Tofu Meatball Sub Roasted Chickpeas Broccoli</p>	<p>SALAD BAR! Enjoy a variety of fresh fruits and veggies included with any school lunch</p>		

Alternatives on the Go

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Chicken Caesar Salad</p> <p>Turkey Cheddar Bacon Wrap</p> <p>Hummus and Veggie Wrap</p>	<p>Chef Salad</p> <p>Ham and Cheese Croissant</p> <p>Tofu and Veggie Wrap</p>	<p>Chef Choice Salad</p> <p>Chicken and Ranch Wrap</p> <p>Falafel and Tzatziki Wrap</p>	<p>Taco Salad</p> <p>Italian Sub</p> <p>Hummus and Veggie Wrap</p>	<p>Cobb Salad</p> <p>Turkey and Cheese on a Roll</p> <p>Cheese and Crackers Snack Pack</p>