

## Regular Lunch Menu (May 2024)



	MON	TUE	WED	THU	FRI
			1	2	3
ENTRÉE			Teriyaki Chicken & Rice <i>(WGR)</i>	Pasta Marinara with Turkey Meatball Pasta <i>(WGR)</i>	Chicken Tenders with Whole Grain Roll <i>(WGR)</i>
VEGETARIAN			Teriyaki Tofu & Rice <i>(WGR)</i>	Vegan Meatball Pasta Marinara Pasta <i>(WGR)</i>	Vegan Tenders with Whole Grain Roll <i>(WGR)</i>
VEGETABLE			Vegetable Medley	Marinara Sauce, Onion	Cole Slaw
FRUIT			Banana	Mandarin	Melon
	6	7	8	9	10
ENTRÉE	Chicken Noodle Soup Noodle <i>(WGR)</i>	BBQ Chicken with Brown Rice <i>(WGR)</i>	General Tso Chicken & Rice <i>(WGR)</i>	Turkey Pasta Bolognese Pasta <i>(WGR)</i>	Chicken Salad Sandwich Whole Wheat Bread <i>(WGR)</i>
VEGETARIAN	Vegan Noodle Soup Noodle <i>(WGR)</i>	Vegan BBQ Chicken with Brown Rice <i>(WGR)</i>	General Tso Tofu & Rice <i>(WGR)</i>	Pasta Vegan Bolognese Pasta <i>(WGR)</i>	Chickpea Salad Sandwich Whole Wheat Bread <i>(WGR)</i>
VEGETABLE	*Onion, Carrots, Parsley	Cole Slaw	Vegetable Medley (Carrot/Broccoli/Cauliflower)	*Onion, Tomato, Carrots, Celery	Celery, Onion
FRUIT	Apple	Sliced Orange	Banana	Mandarin	Melon
	13	14	15	16	17
ENTRÉE	Broccoli Chicken & Rice <i>(WGR)</i>	Thai Basil Turkey Fried Rice <i>(WGR)</i>	Orange Chicken with Rice <i>(WGR)</i>	Broccoli Mac and Cheese (M/MA) Pasta <i>(WGR)</i>	Teriyaki Chicken & Rice <i>(WGR)</i>
VEGETARIAN	Broccoli Tofu & Rice <i>(WGR)</i>	Thai Basil Tofu Fried Rice <i>(WGR)</i>	Orange Tofu with Rice <i>(WGR)</i>	Broccoli Mac and Cheese (M/MA) Pasta <i>(WGR)</i>	Teriyaki Tofu & Rice <i>(WGR)</i>
VEGETABLE	Broccoli	Peas and Carrots	Vegetable Medley	Broccoli	Vegetable Medley
FRUIT	Apple	Sliced Apple	Banana	Mandarin	Melon
	20	21	22	23	24
ENTRÉE	Cheese Quesadilla Tortilla <i>(WGR)</i>	Chicken Tikka Masala with Rice <i>(WGR)</i>	Chicken Fried Rice <i>(WGR)</i>	Turkey Alfredo Pasta <i>(WGR)</i>	Butter Chicken w/ Rice <i>(WGR)</i>
VEGETARIAN	Cheese Quesadilla Tortilla <i>(WGR)</i>	Tofu Tikka Masala with Rice <i>(WGR)</i>	Tofu Fried Rice <i>(WGR)</i>	Creamy Alfredo Pasta <i>(WGR)</i> Cheese (M/MA)	Butter Tofu w/ Rice <i>(WGR)</i>
VEGETABLE	Pico De Gallo Salsa (Tomato, Onion, Cilantro)	Potato, Tomato, Carrots	Peas and Carrots	Peas and Carrots	Vegetable Medley (Carrot/Broccoli/Cauliflower)
FRUIT	Sliced Oranges	Sliced Orange	Banana	Mandarin	Melon
	27	28	29	30	31
ENTRÉE	Chicken Noodle Soup Noodle <i>(WGR)</i>	Chicken Pasta Bolognese Pasta <i>(WGR)</i>	Curry Chicken with Rice <i>(WGR)</i>	Mac and Cheese (M/MA) Pasta <i>(WGR)</i>	Sweet And Sour Chicken With Rice <i>(WGR)</i>
VEGETARIAN	Vegan Noodle Soup Noodle <i>(WGR)</i>	Plant Based Chicken Bolognese Pasta <i>(WGR)</i>	Curry Tofu with Rice <i>(WGR)</i>	Mac and Cheese (M/MA) Pasta <i>(WGR)</i>	Sweet And Sour Tofu With Rice <i>(WGR)</i>
VEGETABLE	*Onion, Carrots, Parsley	*Onion, Tomato, Carrots, Celery	Vegetable Medley (Carrot/Broccoli/Cauliflower)	Peas and Carrots	Vegetable Medley (Carrot/Broccoli/Cauliflower)
FRUIT	Apple	Sliced Orange	Banana	Mandarin	Melon

**Pre-School Serving Sizes**

Meat 2.0 oz Grains 1-2 oz Bread 1/2 slice Vegetables 1/4 cup Fruit 1/4 cup

**Grade - High School Serving Sizes**

Meat 2.5 oz Grains 2-3 oz Bread 1 slice Vegetables 3/4 cup Fruit 3/4 cup

Dairy Free (DF) Gluten Free (GF) Soy Free (SF)

Veggie inside entree marked with (\*)

Items marked with ^ contain Allergens. See ingredient list for detail

The main grain component in each meal are "WGR" - Whole Grain Rich