

Vegetarian Lunch Menu- May 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 Beef Patty 1ea On Whole Wheat Bun 1 ea. Garden Burger 1 ea. Shredded Lettuce 1/4c Cheese 1 sl. Potato Salad 1/4C Sliced Apple 2oz 1pk. 1% White Milk 6oz</p>	<p>2 WGBrd. Chicken Strips- 2ea. Grilled Cheese Sandwich 1 ea Whl Wht Bread 1 sl. Jicama Sticks ½ c. Pineapple Tidbits ½ c. 1% White Milk 6oz.</p>	<p>3 Spaghetti w/ meat sauce, bellpepper & mushroom ¾c. Spaghetti 1.5 oz Marinara Sauce 1/4c Hi C Salad ½ c Cantaloupe Chunks ½ c. 1% White Milk 6oz.</p>	<p>4 Chinese Chicken Stir Fry ¾ c. Mac & Cheese ¼ c. Whole Wheat Dinner Roll 1 ea. Diced Pears ½ c. 1% White Milk 6oz.</p>	<p>5 Turkey Ham 6sl & Chz 1sl on Whl Wht Bun Mini Cheese Ravioli 5 ea. w/ Marinara Shredded Lettuce ½ c Baby Carrots 2.6oz pkt Mixed Fruit ½ c. 1% White Milk 6oz.</p>
<p>8 Bk Chicken Drum. 1ea WW Bread 1 sl. Grilled Cheese Sandwich 1 ea Broccoli ¼ c Orange (138ct) 1ea. 1% White Milk 6oz.</p>	<p>9 Beef Meatloaf w/grv 1ea. Deluxe Mac & Cheese ¼ c. Mashed Potatoes ¼ c. Whole Wheat Dinner Roll 1 ea. Apricots ½ c. 1% White Milk 6oz.</p>	<p>10 Whl Grain Chicken Bowtie w/pesto sauce ¾ c. Cheese Lasagna ¾ c. Jicama Sticks ½ c. Diced Pears ½ c. 1% White Milk 6oz.</p>	<p>11 Beef Patty 1ea On Whole Wheat Bun 1 ea. Garden Burger 1 ea. Shredded Lettuce 1/4c Cheese 1 sl. Potato Salad 1/4C Sliced Apple 2oz 1pk. 1% White Milk 6oz</p>	<p>12 Whole Grain Tostado Boat 1 ea. Seasoned Ground Beef 3 oz Refried Beans ¼ c Shredded Lettuce ½ c Shred. Cheese ½ oz. Pineapple Tidbits ½ c. 1% White Milk 6oz.</p>
<p>15 Santa Fe Chicken Thigh- 1ea. Mac & Cheese ¼ c. Whole Wheat Dinner Roll 1 ea. Baby Carrots 1.6 oz Diced Pears ½ c. 1% White Milk 6oz.</p>	<p>16 Cheesy Pasta Casserole ¾ c. Italian Veg. 1/4 c. Pineapple Tidbits ½ c. 1% White Milk 6oz.</p>	<p>17 Beef Patty 1ea On Whole Wheat Bun 1 ea. Garden Burger 1 ea. Shredded Lettuce 1/4c Cheese 1 sl. Potato Salad 1/4C Sliced Apple 2oz 1pk. 1% White Milk 6oz</p>	<p>18 Chicken & Veg. Stew ¾ e. Vegetable Chili 3/4 c. Whole Wheat Dinner Roll 1 ea. Hi C. Salad ½ c. Mixed Fruit ½ c. 1% White Milk 6oz.</p>	<p>19 Vegetable Chili ¾ c. WW Bread 1 sl. Baby Carrots 1.6 oz. pk. Pineapple Tidbits ½ c. 1% White Milk 6oz.</p>
<p>22 Chicken Meatballs 2ea. w/gravy 1 oz Tomato 1 sl. & Cheese 1.5 oz. Whole Wheat Dinner Roll 1 ea. Broccoli ¼ c. Orange (138ct) 1ea. 1% White Milk 6oz.</p>	<p>23 Turkey breast 6 sl. Mini Cheese Ravioli 5 ea. w/ Marinara w/ chz on WW Brd 1 sl. Baby Carrots 2.6oz pkt Diced Peaches ½ c. 1% White Milk 6oz.</p>	<p>24 Spaghetti w/ meatsauce, bellpepper & mushroom ¾ c. Spaghetti 1.5 oz Marinara Sauce 1/4c Hi C Salad ½ c Mixed Fruit ½ c. 1% White Milk 6oz.</p>	<p>25. Bk Chicken Drum. 1ea Garden Burger 1 ea. Whole Wheat Dinner Roll 1 ea. Baby Carrots 1.6oz pk. Apricots ½ c. 1% White Milk 6oz.</p>	<p>26 WG Bean & Cheese burrito 1 ea. Jicama Sticks ½ c. Applesauce ½ c. 1% White Milk 6oz.</p>
<p>29 </p>	<p>30 Build Your Own Chicken Wrap WG 6" Flour Tortilla 1ea Chkn Fajita Strips 3oz. Refried Beans ¾ c. Shred. Cheese ½ oz Shredded Lettuce ½ c Orange 1 ea. 1% White Milk 6oz.</p>	<p>31 No Class- All Staff In-Service</p>		

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