

MAY 2023

Served Daily: Grab & Go Salad or Grab & Go Sandwich Fruit(18g)
Milk(12g) Chocolate Milk (22g)

LUNCH



School Information: Please check the online family portal breakfast/lunch money for the balance on your child's account.



May is National Egg Month. Eggs can be eaten in a salad, as part of a breakfast sandwich, as an omelet, mixed into fried rice or simply boiled, fried or scrambled. How do you like to eat eggs?

MONDAY

Chicken Tenders (17g)
Mashed Potatoes (21g)
Gravy (6g)
Black-eyed peas (18g)

1

TUESDAY

Quesadilla (16g)
Broccoli Cheese and
Rice Casserole (20g)
Corn (16g)

2

WEDNESDAY

Grilled Chicken
Sandwich (1g)
Carrot Fries
Bake Beans (44g)

3

THURSDAY

Asian Dumplings
w/Orange Sauce (31g)
Fried Rice (21g)
Honey glazed carrots (8g)
Broccoli (4g)

4

FRIDAY

Cinco De Mayo
Cheesy Italian Bread (32g)
Marinara Sauce (7g)
Broccoli (5g)
Tater Tots (17g)

5

Beef Nuggets (19g)
Cauliflower Mac n Cheese (7g)
Black-eyed peas (18g)

8

Fajita Tacos (0g)
Tortilla (24g)
Pinto Beans (17g)
Mexican Street Corn (25g)
Shredded Cheese (0g)

9

Cheesy Chicken (12g)
Rice (21g)
Green Beans (4g)
Garden Salad (3g)
Roll (34g)

10

Parmesan Chicken (22g)
Lima Beans (21g)
Parmesan Potatoes (19g)

11

Pizza (40g)
Fries (17g)
Garden Salad (3g)

12

Pork Chops (0g)
Mashed Potatoes (22g)
Breaded Okra (19g)

15

Eggs (1g)
Pancakes (30g)
Sausage links (0g)
Cherry tomatoes (6g)

16

Hot Ham & Cheese (67g)
Chips (18g)
Fresh veggies w/ranch (3g)

17

Cheesy Beef Mac (49g)
Honey Glazed Carrots (8g)
Black-eyes peas (18g)
Roll (34g)

18

Catfish Strips (8g)
Hush puppies (20g)
Wedges (17g)
Green Beans (4g)

19

BBQ Pork Sandwich (27g)
Baked Beans (44g)
Coleslaw (7g)

22

Crispitos (40g)
Pinto Beans w/cheese (17g)
Carrot Fries

23

Wings (2g)
Squash Casserole
Fries (17g)

24

Chicken Alfredo (49g)
Green Beans (4g)
Honey Glazed Carrots (8g)

25

Grilled Chicken Sandwich
Chips (20g)
Cucumbers w/ranch (2g)

26

Memorial Day

29

**Harvest
of the
Month**

30

Strawberries



31

