

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

**1**

- Savory Seasoned Taco Meat
- Cooked Corn
- Whole grain Crispy Tostitos Chips
- Crisp Romaine Lettuce
- Salsa
- Fresh Jicama
- Shredded Cheddar Cheese
- Diced Pear Cup
- Sliced Black Olives

**2**

- Whole grain Breaded Chicken Nuggets
- Mashed Potatoes
- WG Dinner Roll
- Crisp Romaine Lettuce
- Mighty Spinach
- Sliced Green Peppers
- Fresh Apple Slices in a bag

**3**

- Whole grain Cheesy French Bread Pizza
- Italian Marinara Cup
- Crisp Romaine Lettuce
- Mighty Spinach
- Shredded Carrots
- Green Peas
- Pinto Beans
- Sweet Pineapple Cup

**6**

- Hamburger Patty
- Green Peas
- WG Hamburger Bun
- Fresh Baby Carrots
- Fresh Celery
- Diced Peas
- Crisp Pickle Chips
- Whole grain Happy Birthday Chocolate Cupcake

**7**

- Whole Grain Garlic Parmesan Flatbread
- Italian Marinara Cup
- Crisp Romaine Lettuce
- Fresh Grape Tomatoes
- Green Peas
- Diced Hard Boiled Eggs
- Crunchy Croutons
- Colorful Mixed Fruit Cup

**8**

- Mini Turkey Meatballs
- Marinara Sauce
- Whole grain Mini Garlic Toast
- Crisp Romaine Lettuce
- Salsa
- Vegetarian Beans
- Cottage Cheese
- Blueberries

**9**

- Whole grain Breaded Chicken Nuggets
- Potato Wedges
- WG Dinner Roll
- Crisp Romaine Lettuce
- Sweet Yam Sticks
- Sliced Green Peppers
- Apple Slices with Cinnamon

**10**

- Fluffy WG Pancakes
- Creamy Trix Raspberry Yogurt
- Crisp Romaine Lettuce
- Fresh Grape Tomatoes
- Fresh Jicama
- Vegetarian Beans
- Mandarin Orange Cup

**13**

- Whole grain Breaded Chicken Patty
- Steamed Green Beans
- WG Hamburger Bun
- Fresh Baby Carrots
- Fresh Celery
- Whole Strawberries
- Whole Grain Chocolate Chip Cookie

**14**

- Fluffy WG Pancakes
- Juicy Turkey Sausage Patty
- Crisp Romaine Lettuce
- Fresh Broccoli Florets
- Shredded Carrots
- Fresh Jicama
- Red Pepper Hummus
- Blueberries

**15**

- Savory Seasoned Taco Meat
- Cooked Corn
- Whole grain Crispy Tostitos Chips
- Shredded Cheddar Cheese
- Crisp Romaine Lettuce
- Salsa
- Pinto Beans
- Sliced Black Olives
- Diced Pear Cup

**16**

- BBQ Chicken
- Green Peas
- WG Hamburger Bun
- Crisp Romaine Lettuce
- Mighty Spinach
- Shredded Carrots
- Fresh Apple Slices in a bag

**17**

- Personal WW Turkey Pepperoni Pizza Round
- Crisp Romaine Lettuce
- Mighty Spinach
- Green Peas
- Pinto Beans
- Crunchy Croutons
- Sweet Pineapple Cup

**20**

- Hamburger Patty
- Green Peas
- WG Hamburger Bun
- Fresh Baby Carrots
- Fresh Celery
- Diced Peas
- Crisp Pickle Chips
- Whole grain Betty Crocker Double Chocolate Oatmeal Bar

**21**

- Mini Turkey Meatballs
- Marinara Sauce
- Whole grain Mini Garlic Toast
- Diced Chicken
- Crisp Romaine Lettuce
- Fresh Broccoli Florets
- Fresh Grape Tomatoes
- Fresh Jicama
- Colorful Mixed Fruit Cup

**22**

- Egg Patty
- Whole Grain English Muffin
- Crisp Romaine Lettuce
- Fresh Grape Tomatoes
- Sliced Yellow Squash
- Vegetarian Beans
- Mixed Berry cup

**23**

- Whole grain Breaded Chicken Nuggets
- Potato Wedges
- WG Dinner Roll
- Crisp Romaine Lettuce
- Sweet Yam Sticks
- Fresh Cucumber Slices
- Apple Slices with Cinnamon

**24**

- Whole grain Cheesy French Bread Pizza
- Italian Marinara Cup
- Crisp Romaine Lettuce
- Fresh Grape Tomatoes
- Vegetarian Beans
- Mandarin Orange Cup

**27**

Memorial Day

**28**

- Whole grain Breaded Chicken Patty
- Steamed Green Beans
- WG Hamburger Bun
- Fresh Baby Carrots
- Fresh Celery
- Blueberries
- Soft baked Whole Grain Chocolate Chip M&M Cookie

**29**

- Personal WW Turkey Pepperoni Pizza Round
- Crisp Romaine Lettuce
- Mighty Spinach
- Shredded Carrots
- Green Peas
- Pinto Beans
- Sweet Pineapple Cup

**30**

- Fluffy WG Pancakes
- Low fat Mozzarella String Cheese
- Creamy Trix Raspberry Yogurt
- Crisp Romaine Lettuce
- Fresh Broccoli Florets
- Shredded Carrots
- Fresh Apple Slices in a bag

**31**

- Savory Seasoned Taco Meat
- Cooked Corn
- Whole grain Crispy Tostitos Chips
- Crisp Romaine Lettuce
- Mighty Spinach
- Salsa
- Pinto Beans
- Diced Pear Cup

**Field Trip Meals:** Entree A , Cold WG Turkey Bologna & Cheese Sandwich, Crunchy Carroteenies and Fresh Grape Tomatoes, Assorted Fruit Cups Dole Peach Cup or Sweet Pineapple Cup or Mandarin Orange Cup or Colorful Mixed Fruit Cup or Tropical Fruit Cup or Diced Pear Cup, Skim White Milk OR Fat-Free Chocolate Milk, Ranch Dressing, Mayo Packet, Entree B , Whole grain Sunbutter & Jelly Sandwich, Low fat Mozzarella String Cheese, Crunchy Carroteenies and Fresh Grape Tomatoes, Assorted Fruit Cups Dole Peach Cup or Sweet Pineapple Cup or Mandarin Orange Cup or Colorful Mixed Fruit Cup or Tropical Fruit Cup or Diced Pear Cup, Skim White Milk OR Fat-Free Chocolate Milk, Ranch Dressing, Mayo Packet

**Milk Available Daily:** Skim White Milk, Fat-Free Chocolate Milk

**Condiments:** Daily availability of condiments varies , Barbecue Sauce, Butter, French Dressing, Ketchup, Mayo Packet, Mustard, Ranch Dressing, Sour Cream, Sweet & Sour Sauce, Sweet Pickle Relish, Mrs. Butterworth's Syrup, Taco Sauce, Tartar Sauce

**Gluten Free/Dairy Free menu items:** Breakfast (with Dole fruit cup, applesauce cup and Soy Milk) , GF Chocolate Chex Cereal, GF Cinnamon Chex Cereal, GF Rice Chex Cereal, GF Rice Krispy Cereal, Udi GF Blueberry Muffin, Udi GF Double Chocolate Muffin, Lunch (with access to salad bar and Soy Milk) , Pasta with Chicken , GF Penne Pasta, Diced Chicken, Spaghetti Sauce, Green Peas, Chicken Fajita , Diced Chicken, Cooked Corn, Whole grain Corn Tortilla chips, Hot Dog , Ball-park Turkey Hot Dog, GF Hot Dog Bun, Cooked Corn or Steamed Green Beans or Cooked Carrots or Green Peas, Hot Turkey Sandwich , Hamburger on a Bun , Hamburger Patty, GF Hamburger Bun, Cooked Corn or Steamed Green Beans or Cooked Carrots or Green Peas, Chicken & Potatoes , Grilled Chicken Breast, Real Mashed Potatoes, GF White Rice Bread, Grilled Chicken Sandwich , Grilled Chicken Breast, Cooked Carrots, GF Hamburger Bun, Chicken Strips , GF Breaded Chicken Strips, Steamed Green Beans, GF White Rice Bread, Picnic Meal , Sliced Turkey Breast, GF Hamburger Bun, Crunchy Carroteenies and Fresh Grape Tomatoes, Tasty Applesauce Cup or Chewy Craisins, Mayo Packet

Menu subject to change without notice. Menu may change due to availability of food, school closings, and other emergencies.

More Details: [gbaps.nutrlsice.com/menu/martin/lunch/](http://gbaps.nutrlsice.com/menu/martin/lunch/)

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