

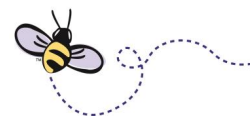
Vegetarian Lunch – May, 2018

	5/1 French lentils w/ thyme Mashed sweet potatoes Wheat bread/butter Fresh fruit	5/2 Vegetarian dirty rice with cheese, vegetables, quinoa & farrow Apple cole slaw Fresh fruit	5/3 Black bean, corn, & cheese quesadilla With whole wheat tortilla Green Beans Fresh fruit	5/4 *Lasagna Tossed salad Fresh fruit
5/7 Teriyaki patty Grated cheese Vegetable salad Fresh fruit	5/8 Vegetarian chili Broccoli & cheese salad Whole wheat bread/butter Fresh fruit	5/9 *Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	5/10 Gardenburger Bean medley Roll Fresh fruit	5/11 Quinoa, couscous, and parmesan California blend vegetables Whole wheat bread/butter Fresh fruit
5/14 Vegetarian sloppy joe Corn & edamame Roll Fresh fruit	5/15 *Cheese melt Tomato alphabet soup Fresh fruit	5/16 Picadillo Pineapple/Mango cole slaw Whole wheat bread/butter Fresh fruit	5/17 Lo Mein w/ scrambled egg Oriental vegetables Wheat bread/butter Fresh fruit	5/18 *Whole wheat macaroni & cheese Mixed vegetables Fresh fruit
5/21 Cheese tortellini w/ olive oil & basil Grated cheese Spinach salad Fresh fruit	5/22 *Pizza Garden salad Fresh fruit	5/23 Veggie nuggets Tuscan bean and garlic soup Wheat bread/butter Fresh fruit	5/24 *Spinach manicotti Carrots Whole wheat bread/butter Fresh fruit	5/25 *Beans & Rice Tossed salad Tortilla Fresh fruit
5/28 ***** CLOSED FOR MEMORIAL DAY *****	5/29 Broccoli & cheddar quinoa w/ brown rice Salad Fresh fruit	5/30 Broccoli Quiche Peas Whole wheat bread/butter Fresh fruit	5/31 Spaghetti & tomato sauce w/ soy Grated cheese Spinach salad Fresh fruit	

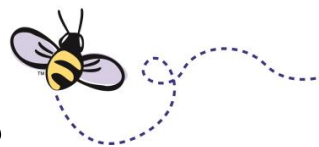
*Vegetarian meal




Breakfast & Snack - May, 2018



	5/1 Cinnamon bagel w/butter Fresh fruit ~~~~~ Saltines Raspberry yogurt	5/2 Oatmeal-apple Crisp ~~~~~ Whole wheat pita bread Hummus	5/3 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	5/4 Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar
5/7 40% Bran flakes Fresh fruit ~~~~~ Wheat thins String cheese	5/8 Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	5/9 Oatmeal-peach Crisp ~~~~~ Soft breadsticks Cheese cubes	5/10 Rice Crispies Fresh fruit ~~~~~ Whole wheat pita pizza with Cheese	5/11 Cheerios Fresh fruit ~~~~~ Soft pretzel Applesauce
5/14 Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	5/15 Cinnamon bagel w/butter Fresh fruit ~~~~~ Saltines Blueberry yogurt	5/16 Oatmeal-apple Crisp ~~~~~ Whole wheat pita bread Hummus	5/17 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	5/18 Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar
5/21 40% Bran flakes Fresh fruit ~~~~~ Wheat thins String cheese	5/22 Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	5/23 Oatmeal-peach Crisp ~~~~~ Soft breadsticks Cheese cubes	5/24 Rice Crispies Fresh fruit ~~~~~ Whole wheat pita pizza with Cheese	5/25 Cheerios Fresh fruit ~~~~~ Soft pretzel Applesauce
5/28 ***** CLOSED FOR MEMORIAL DAY *****	5/29 Cinnamon bagel w/butter Fresh fruit ~~~~~ Saltines Strawberry/banana yogurt	5/30 Oatmeal-apple Crisp ~~~~~ Whole wheat pita bread Hummus	5/31 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	



Lunch – May, 2018

<p><i>Fresh fruits include but are not limited to: apples., oranges , bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe.</i></p>	<p>5/1 Turkey meatloaf Mashed sweet potatoes Wheat bread/butter Fresh fruit</p>	<p>5/2 Dirty rice with beef, vegetables, quinoa and farrow Apple cole slaw Fresh fruit</p>	<p>5/3 Black bean, corn, & chicken quesadilla With whole wheat tortilla Green Beans Fresh fruit</p>	<p>5/4 *Lasagna Tossed salad Fresh fruit</p>
<p>5/7 Whole wheat ziti with chicken sausage & tomato sauce, and baby kale Grated cheese Vegetable salad Fresh fruit</p>	<p>5/8 Chicken chili Broccoli & cheese salad Whole wheat bread/butter Fresh fruit</p>	<p>5/9 *Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit</p>	<p>5/10 Hamburger slider Bean medley Roll Fresh fruit</p>	<p>5/11 BBQ chicken leg California blend vegetables Whole wheat bread/butter Fresh fruit</p>
<p>5/14 Turkey sloppy joe Corn & edamame Roll Fresh fruit</p>	<p>5/15 *Cheese melt Tomato alphabet soup Fresh fruit</p>	<p>5/16 Shepherd's Pie Pineapple/mango cole slaw Whole wheat bread/butter Fresh fruit</p>	<p>5/17 Teriyaki chicken Oriental vegetables Wheat bread/butter Fresh fruit</p>	<p>5/18 *Whole wheat macaroni & cheese Mixed vegetables Fresh fruit</p>
<p>5/21 Whole wheat Turk-a-roni Grated cheese Spinach salad Fresh fruit</p>	<p>5/22 *Pizza Garden salad Fresh fruit</p>	<p>5/23 Chicken patty Tuscan bean and garlic soup Wheat bread/butter Fresh fruit</p>	<p>5/24 *Spinach manicotti Carrots Whole wheat bread/butter Fresh fruit</p>	<p>5/25 *Beans & Rice Tossed salad Tortilla Fresh fruit</p>
<p>5/28 ***** CLOSED FOR MEMORIAL DAY *****</p>	<p>5/29 Pasta w/chicken sausage & butternut sauce Salad Fresh fruit</p>	<p>5/30 Broccoli Quiche Peas Whole wheat bread/butter Fresh fruit</p>	<p>5/31 Spaghetti & meat sauce Grated cheese Spinach salad Fresh fruit</p>	<p> Visit us at www.goodfoodco.com Age appropriate milk must be served with lunch</p>

*Vegetarian meal