


Lunch – May, 2018

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| <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> | 5/1 Turkey meatloaf Mashed sweet potatoes Wheat bread/butter Fresh fruit | 5/2 Dirty rice with beef, vegetables, quinoa and farrow Apple cole slaw Fresh fruit | 5/3 Black bean, corn, & chicken quesadilla With whole wheat tortilla Green Beans Fresh fruit | 5/4 *Lasagna Tossed salad Fresh fruit |
| 5/7 Whole wheat ziti with chicken sausage & tomato sauce, and baby kale Grated cheese Vegetable salad Fresh fruit | 5/8 Chicken 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 Hamburger slider Bean medley Roll Fresh fruit | 5/11 BBQ chicken leg California blend vegetables Whole wheat bread/butter Fresh fruit |
| 5/14 Turkey sloppy joe Corn & edamame Roll Fresh fruit | 5/15 *Cheese melt Tomato alphabet soup Fresh fruit | 5/16 Shepherd's Pie Pineapple/mango cole slaw Whole wheat bread/butter Fresh fruit | 5/17 Teriyaki chicken Oriental vegetables Wheat bread/butter Fresh fruit | 5/18 *Whole wheat macaroni & cheese Mixed vegetables Fresh fruit |
| 5/21 Whole wheat Turk-a-roni Grated cheese Spinach salad Fresh fruit | 5/22 *Pizza Garden salad Fresh fruit | 5/23 Chicken patty 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 Pasta w/chicken sausage & butternut sauce Salad Fresh fruit | 5/30 Broccoli Quiche Peas Whole wheat bread/butter Fresh fruit | 5/31 Spaghetti & meat sauce Grated cheese Spinach salad Fresh fruit |  Visit us at www.goodfoodco.com Age appropriate milk must be served with lunch |

*Vegetarian meal