


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 2 c Vegetarian Lentil Soup <small>3 oz m /ma and 3/4 c vegetable</small> 14 (2 oz) WG Triscuit type Cracker 1/2 c Carrots 1/2 c Steamed Collard Greens 1/2 c Tropical Fruit Salad 1 c Milk	2 2 Oven Fried Chicken Legs 3 oz 2 oz WG Biscuit w Butter 1/2 c Roasted Cauliflower 1/2 c Black Eyed Peas 1/2 : Fruit Cup 1 c Milk	3 3 oz Salmon Patty w/ Lemon Dill Sauce 1 c WG Wild Rice (3 oz grain) 1/2 c Steamed garlic Kale 1/2 c Coleslaw 1/2 c Pineapple 1 c Milk
6 3 oz Baked Cajun Fish 2 oz Combread 1/2 c Broccoli 1/2 c Italian Blend #6333256 <small>zucchini, carrots, cauliflower, lima beans, green beans</small> 1/2 c Strawberries 1 c Milk	7 2 Cup Jambalaya <small>(2 oz MMA, 1/2 c veg-peppers, onions, tomatoes, 2 oz grain)</small> 1 oz String Cheese 1/2 c Okra 1/2 c Mango 1 c Milk	8 3 oz Chicken in Orange Sauce 1 c Lomein Noodles 1/2 c Bok Choy 1/2 c Cauliflower 1/2 c Pineapple 1 c Milk	9 3 oz Salisbury Steak w/ mushroom gravy 2 oz WG Roll w.Butter 1/2 c Smashed Red Potatoes 1/2 c Catalina Vegetables <small>(broccoli, green beans, carrots, red peppers)</small> 1/2 c Clementine 1 c Milk	10 2 cup Chicken Fajita Pasta <small>(3 oz MMA, 2 oz WG, 1/2 cup vegetable - red peppers, green peppers, corn)</small> 1/2 c Roasted Corn 3/4 c Peach Strawberry Jello 1 c Milk
13 3 oz Jerk Chicken 1/2 c Caribbean Yellow Rice 1 c Caribbean Callaloo 1/2 c Caribbean Curry Beans 1/2 c Banana 1 c Milk	14 1 c Sweet & Spicy Beef "Stir-fry" <small>3 oz m/ma, 1/2 c vegs(peppers, onions)</small> 1 c WG Rice 1/2 c Green Beans 1 Mandarin Oranges 1 c Milk	15 1 1/4 c Macaroni & Cheese <small>1 1/2 oz Cheese, 1 c WG noodles 7.1 oz</small> 1/2 c Vegetarian Baked Beans <small>2 oz m/ma</small> 1/2 c Steamed Green Vegetables 1/2 c Grape Tomato Salad Cold 1/2 c Grapes 1 c Milk	16 1 1/4 c Vegetarian Lasagna <small>2ozm/ma, 1/2 c noodles (1 oz grain)</small> 1 oz Garlic Bread 1 oz String Cheese 1 c Broccoli & Cauliflower 1/2 c Tropical Fruit Salad <small>(Pineapple, Papaya, Guava)</small> 1 c Milk	17 1.75 C Tuscan Smoked Turkey & Bean Soup <small>(3 oz equivalent meat/meat alternate)</small> 2 oz WG Roll w Butter 1/2 c Sautéed Squash 1/2 c Peas 1/2 c Fruit Salad <small>(sliced apple, sliced pear and mandarin oranges)</small> 1 c Milk
20 1 c Spaghetti & Meat Sauce <small>2 oz m/ma, 1 oz grain</small> 1/2 c Garlic Mushrooms 1/2 c Pears 1/2 c Carrots 1 oz WG Roll w/ Butter 1 c Milk	21 1.5 cup Fish Chowder <small>(1/2 c vegt (1/4 c starch, 1/8 c red/orange, 1/8 cup other, 3 oz MMA)</small> 2 oz WG Roll w/ butter 3/4 c Apple Crisp 1 c Field Greens w/ Balsamic Dressing 1 c Milk	22 1 Cheesy Bean Burrito <small>(1 oz grain equivalent and 3/4 cup red/orange vegetable and 1/8 cup legume)</small> 3 oz Refried Beans 1/2 c WG Mexican Rice <small>(1 oz grain)</small> 1/2 c Corn 1/2 c Grapes 1 c Milk	23 2 Oven Fried Chicken Legs 3 oz 2 oz WG Corn Muffin w Butter 1/2 c Steamed Collards 1/2 c Marinated Black Bean Salad 1/4 c Cherry Cobbler 1 c Milk	24 3 oz Meatloaf 2 oz WG Biscuit 1/2 c Mashed Potatoes 1/2 c Creamed Spinach 1/2 c Peach 1 c Milk
27  <b>Memorial Day</b>	28 2 c Broccoli, Cheese & Rice Casserole <small>(3 oz MMA, 1.5 c dark leafy green 1.5 oz grain)</small> 1 oz WG Roll w Butter 1/2 c Roasted Root Vegetable 1/2 c Cantaloupe 1 c Milk	29 2 c Vegetarian Lentil Soup <small>3 oz m /ma and 3/4 c vegetable</small> 14 (2 oz) WG Triscuit type Cracker 1/2 c Carrots 1/2 c Steamed Collard Greens 1/2 c Tropical Fruit Salad 1 c Milk	30 2 Oven Fried Chicken Legs 3 oz 2 oz WG Biscuit w Butter 1/2 c Roasted Cauliflower 1/2 c Black Eyed Peas 1/2 Fruit Cup 1 c Milk	31 3 oz Salmon Patty w/ Lemon Dill Sauce 1/2 c WG Wild Rice (3 oz grain) 1/2 c Steamed garlic Kale 1/2 c Coleslaw 1/2 c Pineapple 1 c Milk