

# May LUNCH 2024

## Table of Measurements

### **Breakfast:**

-milk, juice, fruit, vegetable grain, bread

### **Lunch**

Milk, fluid, meat, 1st fruit/vegetable, 2nd fruit/vegetable, grain, bread

### **P.M Snack**

Milk, fluid, meat/meat alternate grain, bread, juice, vegetable, fruit, bread

### **Key:**

**Bread**— 2 slices

**Veggies/fruit**—1/2 cup

**Protein**—3 oz.

**Entrée, Casserole, and or soup**—1 cup

**Skim or Fat Free Milk/ fluid**—8 oz.

**\* Entrée Alternative**

Available Per Client Choice

### **MENU SUBJECT TO CHANGE!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1VEGGIE SOUP/ CRACKERS,EGG SALAD, PEARS AND MILK	2MEATLOAF,MASHED PO- TATOES, GLAZED CARROTS, WHEAT BREAD AND MILK	3GLAZED HAM, CREAMED PEAS AND POTATOES, PINE- APPLES , WHEAT BREAD AND MILK
		798	545	Calories: 438
6PORKLOIN, MASHED POTATOES, GREEN BEANS, WHEAT BREAD AND MILK	7SOUTHWEST CHICKEN SAL- AD , LETTUCE, BREAD STICKS, TOMATOES, CINNAMON AP- PLES AND MILK	8HAMBURGER ON BUN/ L/T/O, MEDITERIANIAN BEAN SALAD, PEAS AND MILK	9ITALIAN SPAGHETTI SAL- AD, SALAMI, CHEESE STIX, CORN, FRUIT COCKTAIL AND MILK	10CHICKEN SALAD ON CROISSANT, FRUIT PLATE O/P/S, VEGGIE MAC SAL- AD, SUNCHIPS AND MILK
Calories: 728	Calories: 393	Calories: 831	Calories: 555	Calories: 522
13TACO PASTA SALAD, CALICO CORN, CREAMY COLESLAW, BREAD, MILK	14CONEY DOG/BUN, BAKED POTATO/BUTTER, CUKES/ RANCH AND MILK	15TURKEY SWISS WRAP, L/T, FRITO CORN SALAD, PEACHES, MILK	16BEINIES AND WEINIES, CREAMY COLESLAW, SLICED PEARS AND MILK	17ASIAN CHICKEN BROCCO- LI, BROWN RICE, PORK EGG ROLL, MANDARIN ORANG- ES AND MILK
Calories 604	Calories: 722	Calories: 659	Calories: 646	Calories: 662
20 SPINACH STRAWBER- RY CHICKEN SALAD, BREAD STICK, CHERRY TOMA- TO, FRUITED JELLO, MILK	21CHICKEN DRESSING CASSE- ROLE, SWEET POTATOES, PEARS AND MILK	22BLT CHICKEN SALAD, CROISSANT, MEXI COLE- SLAW, TROPICAL FRUIT, MILK	23PORK BBQ/BUN, POTATO SALAD, GREEN BEANS AND MILK	24SLOPPY JOE/BUN, BABY BAKERS, CORN AND MILK
Calories: 448	Calories: 597	Calories: 950	Calories: 622	Calories: 658
27 CLOSED MEMORIAL DAY	28HOT DOG/BUN, AUGRATIN POTATOES, BAKED BEANS, MILK	29JC CHICKEN, RED SKIN POTATO SALAD, GR BEANS, BREAD MILK	30CHOPPED ITALIAN SLIDER, APPLESAUCE, CUKES, SUN CHIPS MILK	31LASAGNAW/ MEAT, SALAD, CORN, GARLIC BREAD AND MILK
Calories:	Calories: 670	Calories: 549	Calories: 446	Calories: 842