

		Wednesday 1	Thursday 2	Friday 3
		Diced chicken w/gravy Cauliflower Diced peaches Brown rice	Cheeseburger Sweet potato fries Apple slices roll	Soy butter grape jelly sandwich Chicken noodle soup mixed vegetables orange slices wheat bread
Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10
Chicken Patty Corn Diced pineapple Roll Egg noodles	Meatballs w/spaghetti sauce Broccoli Mixed fruit Rotini noodles	Ground beef stew w/gravy Diced potatoes Mixed vegetables roll	Cheese quesadilla w/Yogurt scoop Broccoli Mixed fruit Tortilla Wrap	Hot ham and cheese sandwich Oven roasted potatoes Mixed fruit roll
Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
Macaroni and cheese/yogurt scoop Diced broccoli Applesauce Macaroni noodles	Turkey meatballs w/gravy Green beans Pineapples roll	Chicken Alfredo Mixed vegetables Orange slices Egg Noodles	Turkey meatballs w/tomato sauce Green beans Peaches Spaghetti noodles	Grilled cheese sandwich Tomato soup Applesauce Wheat bread
Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
Goulash w/ground beef Peas Mixed fruit Macaroni noodles	Chicken nuggets Broccoli Applesauce Saltines	Diced chicken w/gravy Cauliflower Diced peaches Brown rice	Cheeseburger Sweet potato fries Apple slices roll	Soy butter grape jelly sandwich Chicken noodle soup mixed vegetables orange slices wheat bread
Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 31
Chicken Patty Corn Diced pineapple Roll Egg noodles	Meatballs w/spaghetti sauce Broccoli Mixed fruit Rotini noodles	Ground beef stew w/gravy Diced potatoes Mixed vegetables roll	Cheese quesadilla w/Yogurt scoop Broccoli Mixed fruit Tortilla Warp	Hot ham and cheese sandwich Oven roasted potatoes Mixed fruit roll

Serving Size Chart	
Age	6-12 yr. old
Milk	8 fluid oz. 1% milk
Cheese/ meat	1-2 oz. each
Soy nut butter	4 Tbsp.
Yogurt	1 c.
Fruit	2-6 oz.
Vegetables	4-6 oz.
Whole grain-rich or enriched bread	1 slice
Bread product	1 serving
Cereal grain	6 oz. or ¾ c.

May 6-12 yr Lunch Menu



Color Code

Protein **Veggie** **Fruit** **Grain**

Milk must be offered during breakfast