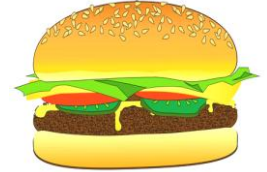


Al-Madinah School

MAY 2019

LUNCH MENU



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Sesame chicken w/ brown rice, peas (3 oz) & carrots (3 oz)	2 Meatballs w/ spaghetti, broccoli (4 oz) & cherry tomatoes (2 oz)	3 PTC SCHOOL CLOSED
6 Turkey sandwich w/ American cheese (1 oz), iceberg lettuce (2 oz), baby carrots (2 oz) & hash brown potatoes (2 oz)	7 BBQ chicken w/ brown rice, sautéed spinach (4 oz), peas (2 oz) & carrots (3 oz)	8 Pizza burger w/ marinara sauce (1 oz), mozzarella cheese (1 oz), French fries (4 oz) & pickle (2 oz)	9 Penne pasta w/ meat sauce, sautéed green peas (2 oz) & broccoli (4 oz)	10 Hot dog w/ French fries (2 oz), pinto beans (4 oz) & tomatoes (4 oz)
13 Beef broccoli w/ brown rice, broccoli (2 oz), red peppers (2 oz) & carrots (2 oz)	14 Tuna sandwich, sweet potato fries (4 oz), cucumber slices (2 oz), ice berg lettuce (2 oz) & celery (2 oz)	15 Chicken Tikka w/ rice, green peas (2 oz) & carrots (2 oz)	16 Rotini pasta w/ broccoli (4 oz) & baby carrots (4 oz)	17 Pizza pie, cut corn (4 oz) & three-bean salad (4 oz)
20 Beef taco shell, Spanish rice, Romaine lettuce (2 oz), salsa (2 oz), black beans (4 oz) & onions (2 oz)	21 Chicken cutlet sandwich, whole wheat roll, mesclun lettuce (2 oz), cucumbers (4 oz) & tater tots (2 oz)	22 Turkey burger, iceberg lettuce (2 oz), tomatoes (2 oz) & sweet potato fries (4 oz)	23 Chicken cacciatore, pasta, broccoli (4 oz), peas (2 oz) & cut corn (4 oz)	24 Beef hot dog, French fries (2 oz), beans (4 oz) & tomatoes (4 oz)
27	28	29	30	31
SCHOOL CLOSED FOR RAMADAN/EID VACATION				
Lunch is served with a choice of peanut butter and jelly sandwich, 1% milk and fat-free chocolate milk, fresh fruit or canned fruit.				

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3. email: program.intake@usda.gov.

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