

# LUNCH MAY 2019

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Available Daily: Fruit, Water, Skim, 1%, Fat Free, Chocolate & Strawberry Milk

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1</p> <p><b>Grains/Protein</b> Spaghetti with Meat Sauce Garlic Bread Parmesan Cheese</p> <p><b>Vegetables</b> Roasted Cauliflower</p> <p><b>Fruit</b> Banana</p>	<p>2</p> <p><b>Grains/Protein</b> Turkey, Turkey Bacon Whole Wheat Bread</p> <p><b>Vegetables</b> Romaine Lettuce Tomato Slice, Pickle Spears</p> <p>Minestrone Soup</p> <p><b>Fruit</b> Grapes</p>	<p>3</p> <p><b>Grains/Protein</b> Hot Dog with Chili Hot Dog Roll Vegetarian Baked Beans</p> <p><b>Vegetables</b> Cucumber salad</p> <p><b>Fruit</b> Sliced Apple</p>
<p>6</p> <p><b>Grains/Protein</b> Cheese Pizza</p> <p><b>Vegetables</b> California Blend Veggies Fresh Cucumber Slices Cool Cucumber/Yogurt Dip</p> <p><b>Fruit</b> Sliced Orange</p>	<p>7</p> <p><b>Grains/Protein</b> Beefsteak, Cheese Whole Wheat Roll</p> <p><b>Vegetables</b> Lettuce, Tomato Baked Onion Rings</p> <p><b>Fruit</b> Pineapple Tidbits</p>	<p>8</p> <p><b>Grains/Protein</b> Chicken Nuggets (Dipping Sauce) Whole Wheat Roll</p> <p><b>Vegetables</b> Sweet Potato Fries Green Beans</p> <p><b>Fruit</b> Banana</p>	<p>9</p> <p><b>Grains/Protein</b> Beef Teriyaki (Soy Sauce) Fried Rice Fortune Cookie</p> <p><b>Vegetables</b> Broccoli Salad</p> <p><b>Fruit</b> Grapes</p>	<p>10</p> <p><b>Grains/Protein</b> Ground Beef Cheddar Cheese, Sour Cream Bagged Chips</p> <p><b>Vegetables</b> Diced Tomato, Corn Shredded Lettuce</p> <p>Salsa</p> <p><b>Fruit</b> Sliced Apple</p>
<p>13</p> <p><b>Grains/Protein</b> Sloppy Joes Whole Grain Roll Tater Tots</p> <p><b>Vegetables</b> Peas</p> <p><b>Fruit</b> Sliced Orange</p>	<p>14</p> <p><b>Grains/Protein</b> Corndogs Vegetarian Baked Beans</p> <p><b>Vegetables</b> Carrot Slaw</p> <p><b>Fruit</b> Pineapple Tidbits</p>	<p>15</p> <p><b>Grains/Protein</b> Chicken in Alfredo Sauce Whole Wheat Twist Pasta Garlic Bread</p> <p><b>Vegetables</b> Steamed Broccoli</p> <p><b>Fruit</b> Banana</p>	<p>16</p> <p><b>Grains/Protein</b> Baked Chicken (Gravy) Dinner Roll</p> <p><b>Vegetables</b> Mashed Potatoes Collard Greens</p> <p><b>Fruit</b> Grapes</p>	<p>17</p> <p><b>Grains/Protein</b> BBQ Ribette Whole Wheat Bun</p> <p><b>Vegetables</b> Corn Cucumber Salad</p> <p><b>Fruit</b> Sliced Apple</p>
<p>20</p> <p><b>Grains/Protein</b> Chicken Tenders Dinner Roll</p> <p><b>Vegetables</b> 3 Bean Salad Tomato Soup</p> <p><b>Fruit</b> Sliced Orange</p>	<p>21</p> <p><b>Grains/Protein</b> Cheeseburger Whole Wheat Bun</p> <p><b>Vegetables</b> Lettuce, Pickles Sliced Tomato Baked French Fries Baby Carrots Cool Cucumber/Yogurt Dip</p> <p><b>Fruit</b> Pineapple Tidbits</p>	<p>22</p> <p><b>Grains/Protein</b> Cheese Quesadilla Spanish Rice</p> <p><b>Vegetables</b> Side Salad (Fat Free Dressing) Salsa (Sour Cream)</p> <p><b>Fruit</b> Banana</p>	<p>23</p> <p><b>Grains/Protein</b> Roast Turkey Breast (Gravy) Whole Wheat Bread Slice</p> <p><b>Vegetables</b> Green Peppers, Onion Roasted Herb Potato</p> <p><b>Fruit</b> Grapes</p>	<p>24</p>  <p><b>MSD FIELD DAY</b> <b>Menu TBA</b></p>
<p>27</p> <p><b>School Closed</b></p>	<p>28</p> <p><b>MSD STAFF DAY</b> <b>School Closed</b></p>	<p>29</p> <p><b>Grains/Protein</b> Spaghetti with Meat Sauce Garlic Bread Parmesan Cheese</p> <p><b>Vegetables</b> Roasted Cauliflower</p> <p><b>Fruit</b> Banana</p>	<p>30</p> <p><b>Grains/Protein</b> Turkey, Turkey Bacon Whole Wheat Bread</p> <p><b>Vegetables</b> Romaine Lettuce Tomato Slice, Pickle Spears</p> <p>Minestrone Soup</p> <p><b>Fruit</b> Grapes</p>	<p>31</p> <p><b>Grains/Protein</b> Hot Dog with Chili Hot Dog Roll Vegetarian Baked Beans</p> <p><b>Vegetables</b> Cucumber salad</p> <p><b>Fruit</b> Sliced Apple</p>