

2019

On-Site Lunch

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SCHOOL LUNCH HERO DAY

jr. **IRON CHEF**
MAY 2

MAY

WELLNESS WEEK

			1	2
			Lasagna Roll with Marinara Turkey Bologna & Cheese Sandwich	Chicken Tikka Masala Chana Masala, Rice, Mixed Greens with Orange Curry Vinaigrette, Chocolate Chip Cookie Turkey Salami & Provolone Sandwich
				Potato Crusted Fish with Yellow Rice Roasted Carrots Turkey Combo Sub
	6	7	8	9
	Chicken Sandwich or Black Bean Burger Sweet Potato JoJos Sunbutter Sandwich	Beef or Bean Nacho Grande Seasoned Corn Beef or Bean Taco Salad	Chicken Alfredo or Pasta Alfredo Broccoli, Garlic Toast Deli Turkey & Cheese Sandwich	Oven Fried Chicken Au Gratin Potatoes Peas Turkey Salami & Provolone Sandwich
				10
				Cheese or Beef Pepperoni Pizza Turkey Combo Sub
	13	14	15	16
	Sloppy Joe or Black Bean Burger Country Veg Medley Bagel Yogurt Pack	Pancakes with Turkey Sausages Spiced Pears Chicken Caesar Salad	Beef Tacos with Yellow Rice Seasoned Pinto Beans Deli Turkey & Cheese Sandwich	Orange Chicken with Fried Rice Turkey Salami & Provolone Sandwich
				17
				Garlic Cheese Bread Carrots Turkey Combo Sub
	20	21	22	23
	Pasta with Meat or Marinara Garlic Toast Sunbutter Sandwich	Chicken a la King with Biscuit Chef Salad	Cheese or Beef Pepperoni Pizza Deli Turkey & Cheese Sandwich	BBQ Chicken Drumstick Potato Salad Turkey Salami & Provolone Sandwich
				24
				Beef Hamburger, Cheeseburger, or Black Bean Burger Baked Beans Turkey Combo Sub
	27	28	29	30
	No School	Chicken Sandwich or Veggie Burger Sweet Potato Fries Bagel Yogurt Pack	Beef or Bean Nacho Grande Seasoned Corn Turkey Bologna & Cheese Sandwich	Omelet with Pancakes Roasted Potatoes Turkey Salami & Provolone Sandwich
				31
				Grilled Cheese Sandwich & Tomato Soup Potato Wedges Turkey Combo Sub

Know Your Food

MEATLESS ENTREE AVAILABLE CONTAINS FISH

FARM TO SCHOOL ITEM JR IRON CHEF RECIPE

We use Whole Grains. Skim & 1% Milk is available

Salad Bar Available Daily!



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