



**STOP**  
think about eating a smaller portion

**SLOW**  
balance your meal with green choices

**GO**  
eat all you want!

May 2010

| Monday   | Tuesday   | Wednesday  | Thursday   | Friday  |
|--|---|--|--|---|
| <p>3</p> <ul style="list-style-type: none"> <li>• Turkey Vegetable Soup</li> <li>• <b>Greek Salad</b></li> <li>• <b>Tuna Salad</b></li> <li>• Baked Ziti Pasta</li> <li>• BBQ Chicken</li> <li>• Wild Rice</li> <li>• Peas &amp; Carrots</li> <li>• Hot Wheat Rolls</li> <li>• <b>Assorted Fresh Fruit</b></li> <li>• Sliced Oranges</li> <li>• Broccoli Crowns/Ranch</li> </ul>                               | <p>4</p> <ul style="list-style-type: none"> <li>• Chicken Rice Soup</li> <li>• <b>Chicken Waldorf Salad</b></li> <li>• <b>Spinach &amp; Apricot Salad</b></li> <li>• Shrimp Scampi</li> <li>• Meatball Sub Sandwiches</li> <li>• Chips</li> <li>• Honey Glazed Carrots</li> <li>• Sautéed Green Beans with Fresh Garlic</li> <li>• <b>Assorted Fresh Fruit</b></li> <li>• Sliced Mango</li> <li>• Sliced Cucumbers</li> </ul>   | <p>5</p> <ul style="list-style-type: none"> <li>• Viva Tortilla Soup</li> <li>• <b>Rice and Black Bean Salad</b></li> <li>• <b>Guacamole Salad</b></li> <li>• Cheese Enchiladas</li> <li>• Veggie Wrap</li> <li>• Pinto Beans</li> <li>• Spanish Rice</li> <li>• Roasted Zucchini</li> <li>• Corn Bread</li> <li>• <b>Assorted Fresh Fruit</b></li> <li>• Sliced Peaches</li> <li>• Broccoli Crowns/Ranch</li> </ul> | <p>6</p> <ul style="list-style-type: none"> <li>• Chicken Vegetable Soup</li> <li>• <b>Green Salad</b></li> <li>• <b>Tuna with Egg Salad</b></li> <li>• Chicken Parmesan</li> <li>• Mangia! Mangia! Pasta Bar</li> <li>• Bow Tie Pasta</li> <li>• Alfredo Sauce</li> <li>• Marinara Sauce</li> <li>• Fresh Steamed Broccoli</li> <li>• <b>Assorted Fresh Fruit</b></li> <li>• Fresh Baked Cookies</li> <li>• Sliced Melon</li> <li>• Celery Stick</li> </ul> | <p>7</p> <p>Trade Fair</p>  |
| <p>10</p> <ul style="list-style-type: none"> <li>• Minestrone Soup</li> <li>• <b>Caesar Salad</b></li> <li>• <b>Tomatoes with Fresh Mozzarella</b></li> <li>• Steak Fingers</li> <li>• Chicken Marsala</li> <li>• Mashed Potatoes</li> <li>• Steamed Broccoli with Lemon Butter</li> <li>• <b>Assorted Fresh Fruit</b></li> <li>• Sliced Pineapple</li> <li>• Baby Carrots</li> </ul>                          | <p>11</p> <ul style="list-style-type: none"> <li>• Oatmeal Bar</li> <li>• <b>Fresh Fruit Bar</b></li> <li>• Country Scramble</li> <li>• Turkey Sausage</li> <li>• Bean &amp; Cheese Tacos</li> <li>• Skillet Potatoes</li> <li>• Hot Biscuits</li> <li>• <b>French Toast &amp; Syrup</b></li> <li>• Baby Carrots</li> </ul>   | <p>12</p> <ul style="list-style-type: none"> <li>• Egg Drop Soup</li> <li>• <b>Asian Pasta Salad</b></li> <li>• <b>Pimento Cheese Salad</b></li> <li>• Sweet n' Sour Chicken</li> <li>• Pepper Steak</li> <li>• Fried Rice</li> <li>• Vegetable Stir Fry</li> <li>• Vegetable Egg Rolls</li> <li>• <b>Assorted Fresh Fruit</b></li> <li>• Sliced Cantaloupe</li> <li>• Baby Carrots</li> </ul>                       | <p>13</p> <ul style="list-style-type: none"> <li>• Beef Vegetable Soup</li> <li>• <b>Potato Salad</b></li> <li>• <b>Topping Bar</b></li> <li>• Sub Sandwich Bar</li> <li>• Ham, Turkey, Roast Beef</li> <li>• Swiss Cheese</li> <li>• Provolone Cheese</li> <li>• Baked Chips</li> <li>• Green Bean Salad</li> <li>• <b>Assorted Fresh Fruit</b></li> <li>• Sliced Apples</li> <li>• Baby Carrots</li> </ul>   | <p>14</p> <ul style="list-style-type: none"> <li>• Chicken Noodle Soup</li> <li>• <b>Artichoke &amp; Tomato Salad</b></li> <li>• <b>Egg Salad</b></li> <li>• Baked Chicken Nuggets</li> <li>• Tater Tots</li> <li>• Roast Beef Sandwich</li> <li>• Roasted Vegetable Medley</li> <li>• <b>Assorted Fresh Fruit</b></li> <li>• Sliced Melon</li> <li>• Carrots Sticks</li> <li>• Strawberry Shortcake</li> </ul>                                       |
| <p>17</p> <ul style="list-style-type: none"> <li>• Tortilla Soup</li> <li>• <b>Mixed Greens Salad</b></li> <li>• <b>Tuna Salad</b></li> <li>• Crispy Beef Tacos</li> <li>• Chicken Wrap</li> <li>• Pinto Beans</li> <li>• Spanish Rice</li> <li>• Steamed Broccoli</li> <li>• <b>Assorted Fresh Fruit</b></li> <li>• Sliced Oranges</li> <li>• Baby Carrots</li> </ul>   | <p>18</p> <p><b>Educational Seasoning: Barbeques &amp; Dry Rubs</b></p> <ul style="list-style-type: none"> <li>• Chicken Rice Soup</li> <li>• <b>Potato Salad</b></li> <li>• <b>Cole Slaw</b></li> <li>• BBQ Brisket</li> <li>• BBQ Sausage</li> <li>• Macaroni and Cheese</li> <li>• Corn on the Cob</li> <li>• French Green Beans</li> <li>• Corn Bread with Honey Butter</li> <li>• <b>Assorted Fresh Fruit</b></li> <li>• Fresh Strawberry</li> <li>• Baby Carrots</li> </ul> | <p>19</p> <ul style="list-style-type: none"> <li>• Super Cheese Nachos</li> <li>• <b>Carrots and Pineapple Salad</b></li> <li>• <b>Veggie Wrap</b></li> <li>• Grilled Shrimp over Pasta</li> <li>• Hot Dogs/ Chili</li> <li>• Baked Potatoes</li> <li>• Steamed Green Peas</li> <li>• <b>Assorted Fresh Fruit</b></li> <li>• Sliced Pineapples</li> <li>• Broccoli Crowns/Ranch</li> </ul>                           | <p>20</p> <ul style="list-style-type: none"> <li>• Beef Vegetable Soup</li> <li>• <b>Egg Salad</b></li> <li>• <b>Marinated Vegetables</b></li> <li>• Pork Loin with Pineapple Salsa</li> <li>• Rigatoni Marinara</li> <li>• Cornbread Stuffing</li> <li>• Steamed Carrots</li> <li>• <b>Assorted Fresh Fruit</b></li> <li>• Sliced Honey Dow</li> <li>• Cherry Tomato w lime</li> </ul>  | <p>21</p> <ul style="list-style-type: none"> <li>• Cream of Broccoli Soup</li> <li>• <b>Pasta Salad</b></li> <li>• <b>Chicken Salad with Lime Vinaigrette Dressing</b></li> <li>• Meat Lasagna</li> <li>• Chicken Spaghetti</li> <li>• Linguine with Alfredo Sauce</li> <li>• <b>Sautéed Green Peas</b></li> <li>• <b>Assorted Fresh Fruit</b></li> <li>• Apple Sauce</li> <li>• Celery Sticks w/Ranch</li> <li>• Chocolate Chocolate Cake</li> </ul> |
| <p>24</p> <ul style="list-style-type: none"> <li>• Chicken Rice Soup</li> <li>• <b>Citrus Avocado Spinach Salad</b></li> <li>• <b>Deviled Egg Salad</b></li> <li>• Spaghetti with Meatballs</li> <li>• Spaghetti with Marinara Sauce</li> <li>• Grilled Chicken over Noodles</li> <li>• Mix Vegetables</li> <li>• <b>Assorted Fresh Fruit</b></li> <li>• Sliced Oranges</li> <li>• Sliced Cucumbers</li> </ul> | <p>25</p> <p><b>Field Day</b></p> <p><b>Sandwiches</b></p> <ul style="list-style-type: none"> <li>• Turkey /Cheese</li> <li>• Ham/ Cheese</li> <li>• PBJ</li> <li>• PB</li> <li>• Chips</li> <li>• Fresh Fruit</li> <li>• Cookies</li> <li>• Juice</li> <li>• Milk</li> </ul>   | <p>26</p> <p><b>No Lunch</b></p>   | <p>27</p> <p><b>Graduation Day</b></p>   | <p>28</p>   |

Kindergarten with assorted fruit cups, salad cups, turkey, ham & PBJ sandwiches.

NOTE: All lunches include a variety of beverages. The deli bar always includes ham, turkey, and tuna salad. Salad Bar includes a variety of salads, toppings, and six regular & low-calorie dressings. The appropriate starch and vegetable will accompany at least two entrees daily.

