



May HS Lunch Menu Mainland Regional

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GF = Gluten-Free Ingredients **V** = Vegetarian Ingredients



Veggie Grab Bag:
Daily Raw Veggie Choices
Carrots, Cucumbers,
Toasty Bean Bites,
Broccoli, Mixed
Patch

Choose 1 Entrée.
You May Take 2 Fruit & 2 Veggie Choices!

Fresh/Cupped/Juice + **Cooked/Raw Veggie Patch**

PICK 2 FRUITS **PICK 2 VEGGIES**

Let's Go

THINK BALANCE!

A Balanced Tray ... **Grain** ~ **Protein** ~ **Fruit** ~ **Vegetable** ~ **Milk**

Monday-May 1	Tuesday-May 2	Wednesday-May 3	Thursday-May 4	Friday-May 5
Hot Ham & cheese On a Kaiser Roll <u>Sides:</u> Buttered Corn Veggie Grab Bag w/ Dip	Baked Ziti V w/ Garlic Toast <u>Sides:</u> Gotta Get Em Green Beans Veggie Grab Bag w/ Dip	Shepherd's Pie Ground Beef w/Mashed Potatoes <u>Sides:</u> Glazed Carrots Veggie Grab Bag w/ Dip	Chicken Nuggets w/ Cheesy Broccoli Rice <u>Sides:</u> Rainbow Veggie Medley Veggie Grab Bag w/ Dip	Pizza By The Slice V <u>Sides:</u> Garden Salad Veggie Grab Bag w/ Dip
Monday-May 8	Tuesday-May 9	Wednesday-May 10	Thursday-May 11	Friday-May 12
DBL. Bacon Cheeseburger On a Bun <u>Sides:</u> Diced Carrots Veggie Grab Bag w/Dip	Nachos Grande GF w/ Corn Chips & Toppings <u>Sides:</u> Sweet Corn Veggie Grab Bag w/ Dip	Oven Baked Chicken w/ Biscuit <u>Sides:</u> Spinach Veggie Grab Bag w/ Dip	Popcorn Chicken w/ a Biscuit <u>Sides:</u> Rainbow Veggie Medley Veggie Grab Bag w/ Dip	Pizza By The Slice V <u>Sides:</u> Caesar Salad Veggie Grab Bag w/ Dip
Nat'I Choc Chip Cookie Day!	Tuesday-May 16	Wednesday-May 17	Thursday-May 18	Friday-May 19
Chicken Quesadilla w/ Fixings <u>Sides:</u> Bl. Beans & Corn – Choco Chip Cookie Veggie Grab Bag w/ Dip	Teriyaki Beef & Broccoli Over Rice/Fortune Cookie <u>Sides:</u> Steamed Broccoli Veggie Grab Bag w/ Dip	Grilled Cheese w/ Bacon w/ Tomato Soup <u>Sides:</u> Seasoned Carrots Veggie Grab Bag w/ Dip	Chicken Parmesan w/ Pasta <u>Sides:</u> Kale Salad Veggie Grab Bag w/ Dip	Pizza By The Slice V <u>Sides:</u> Garden Salad Veggie Grab Bag w/ Dip
Nat'I Vanilla Pudding Day!	Tuesday-May 23	Wednesday-May 24	Thursday-May 25	Friday- May 26
Filet of Fish On a Roll <u>Sides:</u> Carrot Coins-Vanilla Pudding Veggie Grab Bag w/ Dip	Soft Shell Tacos On a Flour Tortilla <u>Sides:</u> Sweet Corn Veggie Grab Bag w/ Dip	Fish Sticks w/ Mac & Cheese <u>Sides:</u> Spinach Veggie Grab Bag w/ Dip	Oven Fried Chicken w/ Corn Muffin <u>Sides:</u> Mashed Potatoes Veggie Grab Bag w/ Dip	Pizza By The Slice V <u>Sides:</u> Caesar Salad Veggie Grab Bag w/ Dip
Monday-May 29	I LOVE the USA!	Wednesday-May 31	<div style="border: 2px solid blue; padding: 10px;"> <p>Lunch Prices: Regular Lunch \$4.25~ Extra Entrée: \$3.75 ~ Reduced: \$0.40 ~ Adult: \$6.00 ~ Milk: \$0.60 *Menu subject to change Food Service Director: Robert Pfander MAI@nsfm.com Phone: 609-927-0551</p> </div>	
Memorial Day- No School "My fellow Americans, ask not what your country can do for you– ask what you can do for your country!" -John F. Kennedy	All American Burger w/ 3 Cheeses on a Bun <u>Sides:</u> Baked Beans-Patriotic Parfait Veggie Grab Bag w/ Dip	Pasta w/ Meat Sauce Garlic Bread <u>Sides:</u> Glazed Carrots Veggie Grab Bag w/ Dip		

This institution is an equal opportunity provider.

Milk: Skim White Skim Chocolate Skim Strawberry 1% White Lactaid