



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|--|
| <p>DOA Requirements: Lunch meets 1/3 requirement for the Recommended Daily Allowance.</p> <p>*Meets Vitamin C requirement **Meets Vitamin A requirement ***Meets Vitamin A & C requirement [=] Potassium-rich</p> <p>Suggested voluntary contribution – \$3.00 per meal</p> <p>NOTE: Menu is subject to change without notice.</p>  | | | | |
| <p>Vegetarian Chili <u>4</u> (LS pinto & kidney beans, LS tomatoes, cheese garnish) **Broccoli Mixed Salad Greens *Pineapple & Mango Fruit Cup Whole Grain Bread</p> | <p>(CINCO DE MAYO) 5 Beef Picadillo or Tamale [=] LS Pinto Beans Mixed Green Salad w/ Shredded Cabbage Fresh Fruit Flan *[-] Orange Juice Mexican Brown Rice Warm Flour Tortilla</p> | <p>Turkey Milanese <u>6</u> (w/ LS red sauce & whole grain linguine) Zucchini ***Chopped Mixed Salad w/ Spinach, Kale, Bell Pepper Banana Lemon Pudding</p> | <p>Salmon w/ LS Dill Sauce 7 LS Split Pea Soup Green Beans LS Beet Salad *Orange Whole Grain Roll</p> | <p>Mother's Day Menu 8 Herb Lemon Chicken **Baked Butternut Squash or Fresh Sweet Potato Romaine Salad WG Roll *[-] Orange Juice Fresh Fruit Brown Rice Pilaf Decorated Cake</p>  |
| <p>Mediterranean 11 Chicken w/ LS sauce **Sautéed Spinach LS Tomato & Cucumber Salad w/ Vinaigrette Dressing *Kiwi or Orange Barley w/ Herbs</p> | <p>Spaghetti 12 (ground turkey, LS tomato sauce, whole grain spaghetti) LS Mushroom Soup Green Beans ***Chopped Salad w/ Kale Fresh/Unsweetened Pear/Peach Chocolate Pudding</p> | <p>Beef Fajita 13 (beef strips w/ peppers & onions) LS Pinto Beans Tossed Green Salad *Cantaloupe or Tangerine Warm Whole Grain Tortilla</p> | <p>LS Roast Turkey 14 (sliced LS turkey breast w/ LS gravy) **Fresh Baked Yam or Sweet Potato Herbed Brussels Sprouts *Pineapple & Mango Fruit Cup Whole Grain Bread</p> | <p>Baked Fish 15 LS Corn Chowder Herb Roasted Potatoes *Creamy Coleslaw Baked Apple or Unsweetened Applesauce Whole Grain Roll</p> |
| <p>Korean BBQ 18 (beef w/ LS Korean BBQ sauce) Herbed Zucchini ***Broccoli Salad w/ Sliced Radish Pineapple (in own juice) Herbed Brown Rice</p> | <p>Fish Vera Cruz 19 LS Garden Veggie Soup LS Black Beans *Creamy Coleslaw Banana Whole Grain Bread or Warm WG Tortilla</p> | <p>Chicken Dijon 20 LS Tomato Basil Soup Green Beans ***Chopped Salad w/ Kale, Lettuce, Cucumber & Carrots Fresh/Unsweetened Peach Whole Grain Roll</p> | <p>Stuffed Bell Pepper 21 (ground beef & barley) Green Peas Romaine Salad w/ Tomato *Orange or Tangerine Dinner Roll Oatmeal Cookie</p> | <p>Memorial Day Menu 22 BBQ Chicken w/ WG Bun Roasted Corn **Spinach Salad Watermelon *[-] Orange Juice Macaroni Salad</p> |
| <p>25 </p> | <p>Meatloaf 26 (ground beef w/ LS gravy) Garlic Mashed Potatoes Brussels Sprouts *Pineapple/Mango Fruit Cup Whole Grain Roll</p> | <p>Turkey Veggie Stir-Fry 27 LS Vegetable Soup Lo Mein Noodles & Mixed Vegetable Blend** *Cabbage, Cucumber & Radish Salad Poached Ginger Pear Whole Grain Bread</p> | <p>Caribbean Chicken 28 LS Red Beans **Mesclun Salad w/ Shredded Carrots *Kiwi Brown Rice Pilaf</p> | <p>Beef Bolognese 29 w/ WG Penne Pasta & LS Tomato Sauce Herbed Zucchini & Yellow Squash Salad w/ Croutons Fruit Cup (apple & melon) *100% Orange Juice Vanilla Pudding</p> |