

**MAY 2026**

**TASTY**

**HEALTHY**

**FUN**

**VARIETY**

**BALANCED**

Name of the menu : FIT Academy Grades K-7 Lunch Menu

Options : Hot,Cold Meals & Deli salads

Grade : K-8 Grades

Meal Pattern : NSLP

Friday, 5/1/2026

Week IV	HOT MEAL	'Max Cheez' Breadsticks			
	COLD	Egg Salad on WW Bread			

	Monday, 5/4/2026	Tuesday, 5/5/2026	Wednesday, 5/6/2026	Thursday, 5/7/2026	Friday, 5/8/2026	
Week V	HOT MEAL	<b>Mandarin Orange Chicken</b> Veggie Fried Rice Celery Sticks, Carrots & Dip Fruit Cup Choice Milk	<b>Premium Chicken Nuggets</b> Ketchup Mashed Potatoes & Carrots WG Roll Fresh Orange & Choice Milk	<b>Penne Pasta w/ Spaghetti Meatballs</b> Marinara Meatballs served with WG Buttered Penne Top with Shred Mozzarella (Served on side) Salad Greens & Dressing Banana & Choice Milk	<b>Premium Corn Dog</b> WG Chicken Corn Dog Served with Ketchup CKC Baked Beans & Cucumbers Fresh Watermelon Cubes & Choice Milk <b>Hooray! Special Chips Day! Cool Ranch Doritos</b>	<b>French Bread</b> Crisp Broccoli & Dip Fresh Cut Apple Wedges Choice Milk
	COLD	Pesto & Provolone Chicken Bun	Deli Turkey on WW Bread w/ Mayo	Banh Mi Chicken on Flatbread	Turkey & Chz on Hoagie w/ Mayo	Chicken Caesar Wrap

	Monday, 5/11/2026	Tuesday, 5/12/2026	Wednesday, 5/13/2026	Thursday, 5/14/2026	Friday, 5/15/2026	
Week VI	HOT MEAL	<b>Classic Hamburger</b> WG Bun , Pickles & Ketchup Baby Carrots & Dip Fruit Cup & Choice Milk <b>Woohoo! Special Treat Day! Brownie Chocolate Chip Cookie</b>	<b>Fun Brunch</b> Chicken Pancake Bites w/ Syrup Potato Stix w/ Ketchup Celery Sticks Fresh Orange & Choice Milk	<b>Walking Taco</b> Nacho Doritos, Seasoned Beef Taco Fill with Shred Lettuce, Shred Cheddar Cheese & Mild Salsa Cheesy Refried Beans Banana & Choice Milk	<b>Chicken Tender Shack</b> Chicken Tenders, WG Bun & Coleslaw Enjoy as a sandwich or savor the tenders solo with the ketchup(served with the meal) Sliced Cucumbers w/ Dip Fresh Watermelon Cubes & Choice Milk	<b>Mini Cheese Pizza Triangles</b> Greens Salad & Dressing Fresh Cut Apple Wedges Choice Milk
	COLD	Grilled Chicken & Cheese Bun	Turkey Bun w/ Mayo	Chicken Club Hoagie	Green Chicken Wrap	Honey Mustard Chix Pasta

	Monday, 5/18/2026	Tuesday, 5/19/2026	Wednesday, 5/20/2026	Thursday, 5/21/2026	Friday, 5/22/2026	
Week I	HOT MEAL	<b>Premium Chicken Patty Sandwich</b> WG Bun & Ketchup CKC Baked Beans Carrot Slims Fruit Cup & Choice Milk	<b>Chicken Hash</b> Shredded Chicken & Hashbrowns Bake Top with Sour Cream & Shred Cheddar Corn Muffin Baby Carrots, Fresh Orange & Choice Milk	<b>All Beef Hot Dog</b> WG Hot Dog Bun & Ketchup Steamed Corn & Cucumbers Banana & Choice Milk <b>Yahoo! Special Chips Day! Baked Cheetos</b>	<b>Asian Chicken Noodle Bowl</b> Sesame Chicken on Mongolian Noodles Crisp Broccoli w/ Dip Fresh Watermelon Cubes Choice Milk	<b>Pizza Crunchers</b> Sliced Cucumbers w/ Dip Fresh Cut Apple Wedges Choice Milk
	COLD	Turkey & Cheese on WW Bread w/ Mayo	Citrus Chicken Bun	Turkey & Cheese on Bagel	Chicken Salad Bun	Egg Salad on WW Bread

	Monday, 5/25/2026	Tuesday, 5/26/2026	Wednesday, 5/27/2026	Thursday, 5/28/2026	Friday, 5/29/2026	
Week II	HOT MEAL	<b>Twin Faes Day</b> <b>Chicken Nuggets w/ Ketchup</b> <b>Mac &amp; Cheese</b> Celery & Carrots Fruit Cup & Choice Milk	<b>Beef Pretzel Dog</b> Served with Ketchup Steamed Corn Fresh Orange & Choice Milk <b>Hooray! Special Chips Day! Cool Ranch Doritos</b>	<b>Pop-Chicken &amp; Cheesy Hashbrowns</b> Popcorn Chicken w/ Ketchup Creamy Cheesy Hashbrowns Sliced Cucumbers & WG Roll Banana & Choice Milk	<b>Beef Taco</b> Seasoned Beef Taco, WG Tortilla Fill the taco with Shred Lettuce, Shred Cheddar Cheese & Mild Salsa Cheesy Refried Beans Fresh Watermelon Cubes & Choice Milk	<b>Cheesy Lasagna</b> Paired with Chopped Italian Salad (Romaine, Shred Carrots & Grape Tomatoes with Italian Dressing) Fresh Cut Apple Wedges Choice Milk
	COLD	Grilled Chicken & Cheese Bun	Deli Turkey on WW Bread w/ Mayo	Banh Mi Chicken on Flatbread	Turkey & Chz on Hoagie w/ Mayo	Chicken Caesar Wrap

Hot meals and Cold meals are served with vegetables, fruit of the day & milk.

DELI SALADS	Grilled Chicken Caesar Salad (Veg Option) Caesar Salad w/ Egg	Grilled Asian Chicken Salad (Veg Option) Asian Salad w/ Egg	Grilled Chicken SW Taco Salad (Veg Option) SW Taco Salad w/ Egg	Classic Turkey & Egg Chef Salad (Veg Option) Classic Chef Salad w/ Egg	Quinoa Powerbowl Chicken Salad (Veg Option) Quinoa Powerbowl Salad w/ Egg
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Deli Salad choices offered everyday. Both Regular & Vegetarian options are available. Vegetarian choices come with egg or cheese in the place of meat. All deli salads come with fruit and milk!

Assorted Fluid Milk / Fluid Milk Substitute Choices offered.

This menu is 100% pork-free.

This menu uses WG products and 100% full-strength juices in all featured places. Check page 2 to know more about what goes into our menus and to take a peek of upcoming menu plan.

### WHAT GOES INTO OUR MENUS?

All bread /bread products /chips /tortillas /pastas listed in the menu are whole grain products.

All rice dishes /rice products are made of whole grain brown rice.

All juices listed in the menu are 100% full-strength fruit Juice.

(Menu Subject to Change)						JUNE 2026				
		TASTY	HEALTHY	FUN	VARIETY	BALANCED				
		Monday, 6/1/2026	Tuesday, 6/2/2026	Wednesday, 6/3/2026	Thursday, 6/4/2026	Friday, 6/5/2026				
Week III	HOT MEAL	<b>Roasted Chicken Drumstick</b>	<b>Brunch Lunch</b>	<b>Hot Italian Beef Meatball Sub</b>	<b>Sweet &amp; Sour Chicken</b>	<b>Cheese Quesadilla</b>				
		Mashed Potatoes	French Toast Sticks w/ Syrup	Marinara Meatballs, WG Sub, Mozzarella Cheese (Served Separately)	Steamed Rice	Salad Greens & Dressing				
		Celery Sticks	Soft Sweet Potato Sticks	CKC Baked Beans & Cucumbers	Crisp Broccoli, Carrot Slims & Dip	Fresh Cut Apple Wedges				
		WG Dinner Roll	Baby Carrots w/ Dip	Banana	Fresh Watermelon Cubes	Choice Milk				
		Fruit Cup & Choice Milk	Fresh Orange & Choice Milk	Choice Milk	Choice Milk	Yahoo! Special Chips Day! Nacho Cheese Doritos				
	COLD	Pesto & Provolone Chicken Bun	Turkey Bun w/ Mayo	Citrus Chicken Bun	Green Chicken Wrap	Honey Mustard Chix Pasta				
Week IV	HOT MEAL	<b>Crispy Chicken Tenders</b>	<b>Cheeseburger</b>	<b>Creamy Mac &amp; Cheese</b>	<b>Pulled Chicken Taco</b>					
		Ketchup	Bun, Chz Slice & Ketchup	Sliced Cucumbers & Dip	Seasoned Pulled Chicken Taco served with WG Tortilla, Shred Lettuce, Shred Cheddar Cheese & Crema					
		Carrot Slims & Dip	Potato Smiles	Banana	Seasoned Black Beans					
		Fruit Cup	Fresh Orange	Choice Milk	Fresh Watermelon Cubes & Choice Milk					
		WG Roll & Choice Milk	Choice Milk	Woohoo! Special Treat Day! Confetti Cookie						
	COLD	Turkey & Cheese on WW Bread w/ Mayo	Grilled Chicken & Cheese Bun	Turkey & Cheese on Bagel	Chicken Club Hoagie					