

May 2018 Lunch Menu

Monday

Tuesday

Wednesday

Thursday



WGR Pita Pizza

Whole Wheat Pita,
Pizza Sauce,
Mozzarella, Olives,
Smoked Turkey,
Mushrooms,
Pineapple Tidbits

1

Creamy WGR Rotini w/
Cremeni Mushrooms
Asparagus, Peas &
Carrots
Hardboiled Egg
Melon Medley

2

Tuna Salad
on Whole Wheat
Bread
Broccoli w/ Dip
Oranges

3

Tomato, Zucchini
Basil Soup
Cheese
WGR Crackers
Pears

7

Un-fried Brown Rice
with Egg, Asparagus,
Peas and Carrots,
Sweet and Sour Sauce
Green Salad
Mandarin Oranges

8

Egg Salad on
WGR Pretzel Roll
Celery Sticks w/ dip
Strawberries

9

WGR Soft Pretzel
Hummus
Broccoli, Cauliflower,
Red Bell Pepper
Medley
Bananas

10

Vegetable Soup w/
Asparagus
Hard Boiled Egg
WGR Crackers
Applesauce

14

Fish Tacos
Alaskan Pollock
Coleslaw
Tartar Sauce
WGR Corn Tortilla
Watermelon

15

Southwest Chili
WGR Corn Bread
Broccoli and
Cucumber
Sour Cream Dip
Pineapple

16

BYO Sub Sandwich
WGR Hoagie Bun,
Pesto Spread, Turkey,
Cheese, Lettuce,
Tomato, Olives,
Pickles, Mini Apples

17

Split Pea Soup
WGR Breadstick
Baby Carrots
Oranges

21

Cowboy Mac w/
WGR Pasta, Beans,
Asparagus, Corn,
Cheese, & Tomato
Sauce
Green Salad
Apricots

22

Baked Beans
Potato Salad
Whole Wheat Roll
Fresh Melons

23

Chicken Salad
Celery Logs
WGR Crackers
Mandarin Oranges

24

HOLIDAY
NO SCHOOL

28

Cheesy Asparagus
Potato Stew
Whole Wheat Roll
Hardboiled Egg
Kiwi

29

Southwest Brown
Rice and Bean Soup
WGR Tortilla Chips
Cucumber Rounds
Peaches

30

Tuna Salad on
WGR Bread
Pickles
Carrot Sticks
Strawberries

31

~Asparagus~



Asparagus stems grow directly from the ground and are harvested in April to June. They can grow an inch an hour!

Asparagus is delicious steamed, roasted, or sautéed. Try adding it into your stir-fry, soups, or tacos!

Asparagus is high in folate, Vitamin K, Vitamin A, and antioxidants, which help your body function properly.

Kids can help prepare asparagus by:
Snapping off the tough white ends,
cutting cooked asparagus with a plastic knife,
Using hands to toss asparagus with olive oil,
salt and pepper to
prepare for roasting!

Oven Roasted Asparagus Recipe

INGREDIENTS

1 Bunch Asparagus	½ tsp Salt
3 Tbsp Oil	½ tsp Pepper
1 ½ Tbsp Parmesan Cheese	1 clove Minced Garlic

DIRECTIONS

1. Preheat oven to 425 degrees
2. Place trimmed asparagus in mixing bowl or plastic bag. Drizzle with oil of choice then sprinkle with remaining ingredients. Toss to coat asparagus spears.
3. Arrange asparagus in a single layer on a baking sheet.
4. Bake in preheated oven until just tender, about 10 minutes depending on thickness. Enjoy!



No peanut, nuts, or pork products are used in the preparation of any menu item. Milk (1% low fat) is served with every lunch.

"WGR" means "Whole Gran Rich" and specifies that the item contains at least 50% whole grains. "WW" means "Whole Wheat" and specifies that the item contains 100% whole wheat.