

May 2019 Lunch Menu



Tuesday

Wednesday

Thursday

Friday

1

Un-fried Brown Rice
(Egg, Asparagus, Teriyaki sauce)
Green Salad w/ Dressing
Pineapple Tidbits



2

BYO Sub Sandwich Day (WGR Hoagie Bun, Pesto Spread, Turkey, Cheese, Tomatoes & Lettuce)
Applesauce

3

Egg Salad Sandwich on WGR Bread
Carrot Sticks w/ Dip
Pears

7

Split Pea Soup (Carrots, Celery, Onion, Split Peas)
WGR Sliced Bread
Apple Quarters

8

Cowboy Mac (WGR Pasta, Corn, Beans, Cheese)
Asparagus
WGR Breadstick
Peaches



9

WGR Pita Bread
Hummus
Cheese Stick
Cucumber Rounds
Mixed Melon

10

Turkey and Cheese Sandwich on WGR Bread
Broccoli w/ Dip
Kiwi

14

BYO Pizza Day (Pizza Sauce, Cheese, Turkey, Pineapple, Olives, WGR English Muffin)

15

Spaghetti (WGR Pasta, Ground Beef, Red Sauce, Cheese)
Green Salad w/ Asparagus + Dressing
Mandarin Oranges



16

Southwest Chili (Beans, Carrots, Corn, Bell Pepper)
WGR Roll
Mini Apples

17

Chicken Salad
Celery Logs
Butterfly Crackers
Watermelon

21

Cream of Asparagus (Asparagus, Carrots, Celery)
Hard Boiled Egg
WGR Breadstick
Orange Slices



22

Baked Ziti/Rotini (WGR Pasta, Light Tomato Sauce, Spinach, Cheese)
Broccoli w/ Dip
Pears

23

Fish Tacos (Fish, Tartar Sauce, WGR Tortilla)
Coleslaw,
Strawberries

24

Turkey and Cheese Sandwich on WGR Bread
Carrots & Celery w/ Dip
Kiwi

28

Tomato Basil Soup (Tomato, Zucchini)
Sliced Cheese
WGR Breadstick
Peaches

29

BYO Taco Day (Ground Beef, Beans, Salsa, Cheese, Lettuce, Corn Tortillas)
Applesauce

30

BBQ Pulled Chicken
WGR Pretzel Bun
Coleslaw w/ Vinaigrette
Tropical Fruit

31

Bean and Rice Bowl (Beans, Brown Rice, Corn, Peppers, Onions, Salsa, Cheese)
Mini Apples

~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
3 Tbsp Oil
1 ½ Tbsp Parmesan Cheese

½ tsp Salt
½ tsp Pepper
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 Grain 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.