

# WOW! MAY LUNCH



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**SCHOOL LUNCH HERO DAY**

**MAY 3RD**

		<p>1 Chicken Sandwich Roasted Sweet Potato Fries Shredded Lettuce Pickles Red Apple</p>	<p>2 Italian Pasta Tri Color Peppers Spinach Strawberries</p>	<p>3 Tamales Cucumbers Black Beans American Hero Rosati Ice</p>
<p>6 Chicken Nuggets Breadstick Perfect Pinto Beans Crinkle Cut Fries Mixed Fruit</p>	<p>7 Chili Cheese Tots Cornbread Peppered Corn Diced Peaches</p>	<p>8 Meatball Sub Tri Color Peppers Spinach Nectarine</p>	<p>9 Orange Chicken Chow Mein Steamed Broccoli Shredded Carrots Fresh Orange</p>	<p>10 Pizza Wedge Spinach Squash Sticks Watermelon Lemonade Sidekick</p>
<p>13 Garlic Cheesy Toast Marinara Sauce Garlic Parmesan Corn Mixed Fruit</p>	<p>14 Chicken Tender Tacos Refried Beans CK Fresh Salsa Diced Peaches</p>	<p>15 Bacon Eggstravaganza Pancakes Hashbrown Rounds Cherry Tomatoes Banana</p>	<p>16 BBQ Pork Sandwich Coleslaw Mr. Mixed Vegetables Canteloupe</p>	<p>17 Pizza Slider 3 Way Salad Carrots Raspberry Passion Fruit Rip</p>
<p>20 Mac N Cheese Steamed Broccoli Perfect Pinto Beans Mixed Fruit</p>	<p>21 Chicken Drumstick Stuffing Mashed Potatoes &amp; Gravy Savory Green Beans Diced Peaches</p>	<p>22 Beef Burger Crinkle Cut Fries Shredded Romaine Lettuce Sliced Tomatoes Watermelon</p>	<p>23 Teriyaki Meatballs Butter Herb Rice Spring Mix Baby Carrots Tangerine</p>	<p>24 PIZZA PARTY Galaxy Pizza 3-way Salad Cucumbers Blue Raspberry Sidekick</p>
<p>27 <b>MEMORIAL DAY</b></p>	<p>28 Popcorn Chicken Cornbread Steamed Broccoli Peppered Corn Mixed Fruit</p>	<p>29 Homemade Turkey &amp; Cheese Sandwich Sweet BBQ Beans Pickles Diced Peaches</p>	<p>30 Pizza Stick Marinara Sauce Peas Diced Pears</p>	<p>31 Wowbutter Sandwich Tropical Trio Veggie Juice Baby Carrots Frozen Mixed Berries</p>

**What Makes a Lunch?**  
Select 3-5 Components

- MILK
- GRAIN
- VEGGIE
- FRUIT
- PROTEIN

One must be a **FRUIT** OR **VEGGIE**



Featuring:  
Our Farm to School Garden Bar  
Wednesdays-Fridays

**NOT ALL HEROES WEAR CAPES**

