



# MAY LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TOSSED SALAD= ROMAINE AND SPINACH NO PORK SERVED ON THIS MENU WG= WHOLE GRAIN LS=LOW SODIUM		1 Beef Sloppy joe on WG bun Steamed Green Beans Tossed salad/dressing Fruit milk	2 WG Cheese Lasagna Roll Ups WG breadstick Mixed Vegetables Fruit Milk	3 Roasted Sliced Turkey Mashed Potatoes & Gravy Tossed Salad/ Dressing WG Dinner Roll/ Butter Fruit Milk
6 Beef Cheeseburger w/Lettuce, Tomato, Pickles, Ketchup, & Mustard Vegetarian Baked Beans Fruit/Milk	7 Baked Chicken Drumstick Steamed Carrots Tossed salad/dressing WG Sliced Bread w/ Butter Fruit/Milk	8 Egg & Cheese Omelet Breakfast Potatoes Sliced Cucumbers Muffin Fruit/Milk	9 Chicken Tacos on WG Tortilla w/ Lettuce, Cheese, Sour Cream Tortilla Chips Black Bean Salsa Fruit/Milk	10 Turkey & Cheese Sandwich on WG Bun w/ Mayo Fresh Green Beans Broccoli w/ranch Fruit/Milk
13 BBQ Chicken on WG Bun Seasoned Pinto Beans Tossed Salad/ Dressing Fruit Milk	14 Beef Salisbury Steak in Gravy Seasoned Mashed Potatoes Fresh Cauliflower w/ ranch WG Dinner Roll/ Butter Fruit Milk	15 Grilled Chicken Breast Chuckwagon Corn Blend Cucumber Salad WG Biscuit w/ Butter Fruit Milk	16 WG Chicken Patty w/cheese on WG Bun w/Mayo Carrot Sticks Tossed Salad/Dressing Fruit Milk	17 Beef Spaghetti WG Garlic Breadstick Fresh Broccoli w/ ranch Jicama Sticks Fruit/Milk
20 Chow Mein Brown Rice Pilaf Tossed Salad/ Dressing Sugar Snap Peas Fruit Milk	21 Beef Meatballs in Gravy over Mashed Potatoes Baby Carrots WG Dinner Roll/ Butter Fruit Milk	22 Beef Taco on WG Tortilla Cheese, Lettuce, Tomato, Taco Sauce, Sour Cream & Refried Beans Fruit Milk	23 WG Homemade Macaroni & Cheese Tossed Salad/ Dressing Grape Tomatoes Fruit Milk	24 LS Beef Hotdog on WG Bun W/ Ketchup& mustard Celery Sticks Vegetarian Baked Beans Fruit Milk
27 <div style="background-color: yellow; padding: 5px; display: inline-block;"><b>NO SCHOOL</b></div>	28 Cooks Choice	29 Cooks Choice	30 Cooks Choice	



Additional condiments available upon request.  
 THE USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER. MENUS SUBJECT TO CHANGE BASED ON AVAILABILITY OF ITEMS  
 \* INGREDIENTS SUCH AS PEANUTS, NUTS/SEEDS, MILK, EGG, SOYBEAN, GLUTEN, AND OTHER PRODUCTS MAY BE USED IN THE PRODUCTION OF THE MENUS.  
 Questions on the menu please visit [www.newhorizonfoods.com](http://www.newhorizonfoods.com) or [info@newhorizonfoods.com](mailto:info@newhorizonfoods.com)



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