

# MAY 2023

Monday	Tuesday	Wednesday	Thursday	Friday
1 <sup>st</sup> Sweet and Sour Chicken Brown Rice Mixed Veggies Fruit	2 <sup>nd</sup> Cook's Choice	3 <sup>rd</sup> Meatballs w/ WW Sub Roll Steamed Cauliflower Corn Fruit	4 <sup>th</sup> Baked Chicken Mashed Potatoes w/ Gravy Green Beans WGR Roll Fruit	5 <sup>th</sup> Baked Fish Wild Rice Mixed Veggies Fruit
8 <sup>th</sup> Bean and Cheese Burrito Pico/Lettuce Spanish Rice Fruit	9 <sup>th</sup> Cheeseburger on WW Bun L/T Steamed Broccoli Fruit	10 <sup>th</sup> Fajita Chicken Rice w/ Black Beans Sauteed Squash Fruit	11 <sup>th</sup> Meat sauce w/ WW Pasta Mixed Veggies Breadstick Fruit	12 <sup>th</sup> Cook's Choice
15 <sup>th</sup> Peppered Steak Green Beans Mashed Potatoes WW Roll Fruit	16 <sup>th</sup> Chicken Salad w/ Wheat Crackers Broccoli Salad Sliced Cucumbers Fruit	17 <sup>th</sup> Beef Nachos Black beans w/ Diced Tomatoes Peppers and Onions Fruit	18 <sup>th</sup> Chicken Alfredo WW Pasta Roasted Carrots Tossed Salad Fruit	19 <sup>th</sup> Baked Fish Red Beans and Brown Rice Steamed Broccoli Fruit
22 <sup>nd</sup> Cheeseburger on WW Roll L/T Tater Tots Fruit	23 <sup>rd</sup> Chicken Enchiladas Mexican Corn Mixed Veggies Fruit	24 <sup>th</sup> Cheese Ravioli w/ Marinara Steamed Broccoli WGR Breadstick Fruit	25 <sup>th</sup> Chopped BBQ Chicken Sandwich Seasoned Greens Steamed Cauliflower Fruit	26 <sup>th</sup> Beefy Macaroni Peas and Carrots Tossed Salad Fruit
29 <sup>th</sup>  Holiday – Centers Closed	30 <sup>th</sup> Meatloaf Mashed Potatoes w/ Gravy Roasted Carrots WW Roll Fruit	31 <sup>st</sup> Teriyaki Chicken Brown Rice Mixed Veggies Fruit		

\*Menu subject to change. Milk served with each meal.

Approved by: Jessica Long RDN, LDN, Nutrition Coordinator