

Menu Calendar Report - May, 2023

Generated on: 4/13/2023 9:11:58 AM by Carolyn Adams

Site: ALL
Meal Type: Lunch
Site Group: Inspire
Menu Line: Pre-K Lunch

Mon		Tue		Wed		Thu		Fri	
1 May		2 May		3 May		4 May		5 May	
Glorious Macaroni & Cheese w/ Garlic Knot (35.35 g) Served With: - Garlic Knot, Ripstick (15.02 g) Veggie Pizza (48.91 g) Tangerines, (mandarin oranges), raw, whole, 150 CT (9.98 g) Roasted Tuscan Vegetables (10.49 g) Lactaid Milk (13.00 g) Lowfat 1% White Milk (13.00 g) Skim Milk, White (12.49 g) Soy Milk (17.00 g)		Grecian Chicken Grain Bowl (68.55 g) Rainbow Veggie Chili and Tortilla Chips (42.67 g) Served With: - Dinner Roll, Richs, 2.5 oz (29.00 g) Fresh Blueberries (10.72 g) Green Peas (13.01 g) Lactaid Milk (13.00 g) Lowfat 1% White Milk (13.00 g) Skim Milk, White (12.49 g) Soy Milk (17.00 g)		Chicken Cordon Bleu Burge (25.50 g) Veggie Tortellini Pasta Salad (22.18 g) Served With: - Cheesy Breadstick (14.01 g) Nectarine, Fresh (14.98 g) Basil Corn Salad (16.78 g) Lactaid Milk (13.00 g) Lowfat 1% White Milk (13.00 g) Skim Milk, White (12.49 g) Soy Milk (17.00 g)		Butter Chicken (6.34 g) Served With: - HS Brown Rice (25.51 g) Asian Noodle Bowl with Broccoli (45.81 g) Fresh Apple Slices (7.00 g) Roasted Broccoli and Carrots (4.95 g) Lactaid Milk (13.00 g) Lowfat 1% White Milk (13.00 g) Skim Milk, White (12.49 g) Soy Milk (17.00 g)		Garden Wrap w/Black Beans - Vegan (36.00 g) Veggie Pizza (48.91 g) Unsweetened Applesauce (12.57 g) Collard Greens (15.00 g) Lactaid Milk (13.00 g) Lowfat 1% White Milk (13.00 g) Skim Milk, White (12.49 g) Soy Milk (17.00 g)	
8 May		9 May		10 May		11 May		12 May	
Bean & Cheese Nachos (44.27 g) Traditional Hamburger (25.00 g) Tangerines, (mandarin oranges), raw, whole, 150 CT (9.98 g) Sweet Plantains (37.01 g) Lactaid Milk (13.00 g) Lowfat 1% White Milk (13.00 g) Skim Milk, White (12.49 g) Soy Milk (17.00 g)		Chicken Parm Pasta (41.77 g) Served With: - Garlic Knot, Ripstick (15.02 g) Baked Tofu (3.81 g) Served With: - Lo Mein, vegetable, whole wheat spaghetti (30.18 g) - Teriyaki Sauce (10.88 g) Banana (13.48 g) Roasted Ginger Kale (3.97 g) Lactaid Milk (13.00 g) Lowfat 1% White Milk (13.00 g) Skim Milk, White (12.49 g) Soy Milk (17.00 g)		Falafel & Rice Bowl (83.38 g) Pulled Chicken (1.00 g) Served With: - Dinner Roll, Richs, 2.5 oz (29.00 g) Unsweetened Applesauce (12.57 g) Garlic Whipped Potatoes (16.29 g) Lactaid Milk (13.00 g) Lowfat 1% White Milk (13.00 g) Skim Milk, White (12.49 g) Soy Milk (17.00 g)		Buffalo Chicken Pizza (43.99 g) Veggie Burger (33.00 g) Veggie Pizza (48.91 g) Regional Hamburger Bun (25.00 g) Fresh Blueberries (10.72 g) Roasted Broccoli Florets (2.52 g) Lactaid Milk (13.00 g) Lowfat 1% White Milk (13.00 g) Skim Milk, White (12.49 g) Soy Milk (17.00 g)		Glorious Macaroni & Cheese w/ Garlic Knot (35.35 g) Served With: - Garlic Knot, Ripstick (15.02 g) Vegetarian Paella (30.14 g) Served With: - Baked Tofu Cubes, plain (3.81 g) - Dinner Roll, Richs, 2.5 oz (29.00 g) Fresh Peach (14.31 g) Parmesan Green Beans (5.18 g) Lactaid Milk (13.00 g) Lowfat 1% White Milk (13.00 g) Skim Milk, White (12.49 g) Soy Milk (17.00 g)	
15 May		16 May		17 May		18 May		19 May	
Grilled Chicken Sandwich (27.00 g) Veggie Burger (33.00 g) Fresh Apple Slices (7.00 g) Seasoned Potato Wedges (22.13 g) Lactaid Milk (13.00 g) Lowfat 1% White Milk (13.00 g) Skim Milk, White (12.49 g) Soy Milk (17.00 g)		Spaghetti and Marinara Sauce (27.32 g) Served With: - Meatballs, Turkey, Homestyle, Fully Cooked, Plain, 1 oz. Sunbutter & Jelly Sandwich (63.32 g) Fresh Pears (27.11 g) Parmesan Green Beans (5.18 g) Lactaid Milk (13.00 g) Lowfat 1% White Milk (13.00 g) Skim Milk, White (12.49 g) Soy Milk (17.00 g)		Asian Noodle Bowl with Broccoli (45.81 g) Traditional Cheeseburger (26.00 g) Orange Smiles (11.28 g) Roasted Broccoli and Carrots (4.95 g) Lactaid Milk (13.00 g) Lowfat 1% White Milk (13.00 g) Skim Milk, White (12.49 g) Soy Milk (17.00 g)		Arroz con Pollo (ECE) (53.55 g) Baked Tofu (3.81 g) Served With: - Lo Mein, vegetable, whole wheat spaghetti (30.18 g) Banana (13.48 g) Sweet and Sour Vegetables (19.82 g) Lactaid Milk (13.00 g) Lowfat 1% White Milk (13.00 g) Skim Milk, White (12.49 g) Soy Milk (17.00 g)		Cheese Pizza (43.00 g) Philly Cheese Steak Sub (37.86 g) Fresh Peach (14.31 g) Sweet Potato Wedges (33.91 g) Lactaid Milk (13.00 g) Lowfat 1% White Milk (13.00 g) Skim Milk, White (12.49 g) Soy Milk (17.00 g)	

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Mon	Tue	Wed	Thu	Fri
22 May	23 May	24 May	25 May	26 May
Black Bean and Sweet Potato Taco Surprise (88.74 g) Served With: - Salsa, Low-Sodium, Canned, USDA (2.17 g) Mo' Burger (32.00 g) Orange Smiles (11.28 g) Seasoned Black Beans (22.53 g) Lactaid Milk (13.00 g) Lowfat 1% White Milk (13.00 g) Skim Milk, White (12.49 g) Soy Milk (17.00 g)	Glorious Macaroni & Cheese w/ Garlic Knot (35.35 g) Served With: - Garlic Knot, Ripstick (15.02 g) Veggie Lo Mein (61.61 g) Baked Cinnamon Raisin Apples (27.29 g) Citrus Glazed Carrots (13.35 g) Lactaid Milk (13.00 g) Lowfat 1% White Milk (13.00 g) Skim Milk, White (12.49 g) Soy Milk (17.00 g)	Veggie Burger (33.00 g) Veggie Pizza (48.91 g) Diced Bartlett Pears (15.35 g) Parmesan Green Beans (5.18 g) Lactaid Milk (13.00 g) Lowfat 1% White Milk (13.00 g) Skim Milk, White (12.49 g) Soy Milk (17.00 g)	French Toast Sticks (12.09 g) Served With: - Sausage, patty, country, turkey, 1 oz Veggie Tortellini Pasta Salad (22.18 g) Served With: - Cheesy Breadstick (14.01 g) Fresh Apple Slices (7.00 g) Seasoned Potato Wedges (22.13 g) Lactaid Milk (13.00 g) Lowfat 1% White Milk (13.00 g) Skim Milk, White (12.49 g) Soy Milk (17.00 g) Pancake & Waffle Syrup (29.00 g)	Chicken Alfredo Macaroni (35.60 g) Served With: - Twisted Breadstick, Ripstick, whole grain (28.41 g) Flatbread, Mediterranean, Hummus, Rich's 6x6 flatbread (52.41 g) Banana (26.95 g) Oven Sautéed Spinach (2.38 g) Lactaid Milk (13.00 g) Lowfat 1% White Milk (13.00 g) Skim Milk, White (12.49 g) Soy Milk (17.00 g)
29 May	30 May	31 May	1 Jun	2 Jun
	Mexican Tinga Chicken (2.71 g) Served With: - Taco Shell, corn, 6-inch, yellow (22.00 g) Veggie Burger (33.00 g) Banana (13.48 g) Pre Seasoned Black Beans (22.53 g) Lactaid Milk (13.00 g) Lowfat 1% White Milk (13.00 g) Skim Milk, White (12.49 g) Soy Milk (17.00 g)	Cheese Pizza (43.00 g) Cauliflower, Chickpea, & Potato Curry (60.08 g) Served With: - Rice, brown, oven, steamed (25.51 g) Orange Smiles (11.28 g) Roasted Broccoli and Carrots (4.95 g) Lactaid Milk (13.00 g) Lowfat 1% White Milk (13.00 g) Skim Milk, White (12.49 g) Soy Milk (17.00 g)	Grilled Chicken Burger, hamburger roll (26.00 g) Veggie Pizza (48.91 g) Fresh Blueberries (10.72 g) Steamed Corn (16.41 g) Lactaid Milk (13.00 g) Lowfat 1% White Milk (13.00 g) Skim Milk, White (12.49 g) Soy Milk (17.00 g)	Bean & Cheese Nachos (44.27 g) Fajita Vegetable Quesadilla (38.73 g) Fresh Apple Slices (7.00 g) Mex Roasted Sweet Potatoes (24.37 g) Lactaid Milk (13.00 g) Lowfat 1% White Milk (13.00 g) Skim Milk, White (12.49 g) Soy Milk (17.00 g)

Carbohydrate values in grams follow the Menu Item name