

Menu Calendar Report - May, 2023

Generated on: 4/13/2023 9:13:03 AM by Carolyn Adams

Site: ALL
Meal Type: Lunch
Site Group: Inspire
Menu Line: INS-Foodprints

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) Hearty Garden Salad (22.99 g) Served With: - Tortilla Chips, Tostitos crispy rounds, whole grain (28.35 g) Veggie Pizza (48.91 g) Diced Bartlett Pears (15.35 g) Tangerines, (mandarin oranges), raw, whole, 150 CT (9.98 g) Caesar Side Salad (5.61 g) Roasted Tuscan Vegetables (10.49 g) Super Side Salad (10.09 g) Lactaid Milk (13.00 g) Lowfat 1% White Milk (13.00 g) Skim Milk, White (12.49 g) Soy Milk (17.00 g) Ketchup, Heinz PC (2.59 g) Mayonnaise (1.00 g) Yellow Mustard PC (0.23 g)	Egg Salad Sandwich (30.69 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) Diced Peaches (20.48 g) Fresh Blueberries (10.72 g) Garlic Whipped Potatoes (16.29 g) Green Peas (13.01 g) Super Side Salad (10.09 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) Classic Hummus Box (80.13 g) Veggie Tortellini Pasta Salad (22.18 g) Served With: - Cheesy Breadstick (14.01 g) Mixed Fruit (15.80 g) Nectarine, Fresh (14.98 g) Basil Corn Salad (16.78 g) Super Side Salad (10.09 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)	Asian Noodle Bowl with Broccoli (45.81 g) Butter Chicken (6.34 g) Served With: - HS Brown Rice (25.51 g) Jerk Chicken Wrap (35.27 g) Fresh Whole Apple (25.13 g) Green Seedless Grapes (16.42 g) Garden Side Salad (4.25 g) Roasted Broccoli and Carrots (4.95 g) Super Side Salad (10.09 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) Chicken Salad Sandwich (34.28 g) Garden Wrap w/Black Beans - Vegan (36.00 g) Fresh Pears (27.11 g) Unsweetened Applesauce (12.57 g) Collard Greens (15.00 g) Seasoned Black Beans (22.53 g) Super Side Salad (10.09 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
Buffalo Chicken Wrap (32.76 g) Bean & Cheese Nachos (44.27 g) Traditional Hamburger (25.00 g) Red Seedless Grapes (15.64 g) Tangerines, (mandarin oranges), raw, whole, 150 CT (9.98 g) Mexican Corn (24.79 g) Super Side Salad (10.09 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)	Baked Tofu (3.81 g) Served With: - Lo Mein, vegetable, whole wheat spaghetti (30.18 g) - Teriyaki Sauce (10.88 g) Chicken Parm Pasta (41.77 g) Served With: - Garlic Knot, Ripstick (15.02 g) Sunbutter & Jelly Sandwich (63.32 g) Banana (26.95 g) Diced Peaches (20.48 g) Roasted Ginger Kale (3.97 g) Super Side Salad (10.09 g) Teriyaki Veggies (40.03 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) Chicken Drumstick (5.11 g) Served With: - Dinner Roll, Richs, 2.5 oz (29.00 g) Classic Hummus Box (80.13 g) Fresh Whole Apple (25.13 g) Green Seedless Grapes (16.42 g) Garlic Whipped Potatoes (16.29 g) Oven Sauteed Spinach (2.38 g) Super Side Salad (10.09 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) Hearty Garden Salad (22.99 g) Served With: - Tortilla Chips, Tostitos crispy rounds, whole grain (28.35 g) Veggie Burger (33.00 g) Fresh Blueberries (10.72 g) Fresh Pears (27.11 g) Roasted Broccoli (5.40 g) Seasoned Potato Wedges (22.13 g) Super Side Salad (10.09 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) Sweet Thai Chili Chicken Wrap (66.59 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) Mixed Fruit (15.80 g) Parmesan Green Beans (5.18 g) Roasted Mushrooms (3.48 g) Super Side Salad (10.09 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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15 May	16 May	17 May	18 May	19 May
Grilled Chicken Sandwich (27.00 g) Tuna Salad Sandwich, tuna salad, hamburger bun (28.87 g) Veggie Burger (33.00 g) Fresh Whole Apple (25.13 g) Red Seedless Grapes (15.64 g) Oven Sautéed Spinach (2.38 g) Seasoned Potato Wedges (22.13 g) Super Side Salad (10.09 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 Cheese Sandwich (30.96 g) Spaghetti and Marinara Sauce (27.32 g) Served With: - Cheesy Breadstick (14.01 g) - Meatballs, Turkey, Homestyle, Fully Cooked, Plain, 1 oz. Sunbutter & Jelly Sandwich (63.32 g) Fresh Blueberries (10.72 g) Fresh Pears (27.11 g) Parmesan Green Beans (2.59 g) Roasted Tuscan Vegetables (10.49 g) Super Side Salad (10.09 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) Chicken Salad Sandwich (34.28 g) Traditional Cheeseburger (26.00 g) Fresh Whole Apple (25.13 g) Orange Smiles (11.28 g) Roasted Broccoli and Carrots (4.95 g) Super Side Salad (10.09 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)	Arroz con Pollo (ECE) (53.55 g) Baked Tofu (3.81 g) Served With: - Lo Mein, vegetable, whole wheat spaghetti (45.27 g) - Teriyaki Sauce (10.88 g) Hearty Garden Salad (22.99 g) Served With: - Tortilla Chips, Tostitos crispy rounds, whole grain (28.35 g) Banana (26.95 g) Unsweetened Applesauce (12.57 g) Collard Greens (15.00 g) Super Side Salad (10.09 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) Jalapeno Lime Chicken Wrap (38.30 g) Philly Cheese Steak Sub (37.86 g) Cantaloupe Melon Cubes (15.69 g) Diced Bartlett Pears (15.35 g) Caesar Side Salad (5.61 g) Roasted Broccoli and Red Peppers (5.83 g) Super Side Salad (10.09 g) Lactaid Milk (13.00 g) Lowfat 1% White Milk (13.00 g) Skim Milk, White (12.49 g) Soy Milk (17.00 g)
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) Classic Hummus Box (80.13 g) Jamaican Jerk Chicken Bowl (3.32 g) Served With: - Rice, brown, oven, steamed (25.51 g) Diced Bartlett Pears (15.35 g) Orange Smiles (11.28 g) Seasoned Black Beans (22.53 g) Super Side Salad (10.09 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)	Glorious Macaroni & Cheese w/ Garlic Knot (35.35 g) Served With: - Garlic Knot, Ripstick (15.02 g) Hearty Garden Salad (22.99 g) Served With: - Dinner Roll, Richs, 2.5 oz (29.00 g) Veggie Lo Mein (61.61 g) Baked Cinnamon Raisin Apples (27.29 g) Tangerines, (mandarin oranges), raw, whole, 150 CT (9.98 g) Citrus Glazed Carrots (13.35 g) Garden Side Salad (4.25 g) Super Side Salad (10.09 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) Chicken Caesar Wrap (37.34 g) Veggie Burger (33.00 g) Green Seedless Grapes (16.42 g) Mixed Fruit (15.80 g) Fresh Tomato and Cucumber Salad (1.69 g) Parmesan Green Beans (5.18 g) Super Side Salad (10.09 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 Greek Salad (62.30 g) Served With: - Oven Fired Flatbread, Richs 6x6 whole grain (28.00 g) Veggie Tortellini Pasta Salad (22.18 g) Served With: - Cheesy Breadstick (14.01 g) Fresh Whole Apple (25.13 g) Orange Smiles (11.28 g) Caesar Side Salad (5.61 g) Seasoned Potato Wedges (22.13 g) Super Side Salad (10.09 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) Tuna Salad Sandwich, tuna salad, hamburger bun (28.87 g) Banana (26.95 g) Tangerines, (mandarin oranges), raw, whole, 150 CT (9.98 g) Blue Ribbon Slaw (10.36 g) Oven Sautéed Spinach (2.38 g) Super Side Salad (10.09 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				

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	30 May	31 May	1 Jun	2 Jun
	Large Spinach Salad (16.82 g) Served With: - Oven Fired Flatbread, Richs 6x6 whole grain (28.00 g) Mexican Tinga Chicken (2.71 g) Served With: - Taco Shell, corn, 6-inch, yellow (22.00 g) Veggie Burger (33.00 g) Banana (26.95 g) Fresh Pears (27.11 g) Pre Seasoned Black Beans (22.53 g) Super Side Salad (10.09 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)	Cauliflower, Chickpea, & Potato Curry (60.08 g) Served With: - Rice, brown, oven, steamed (25.51 g) Falafel & Vegetable Sub (27.14 g) Old School Cheese Pizza (34.00 g) Orange Smiles (11.28 g) Red Seedless Grapes (15.64 g) Caesar Side Salad (5.61 g) Roasted Broccoli and Carrots (4.95 g) Super Side Salad (10.09 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 Wrap (32.76 g) Turkey Dog (28.00 g) Veggie Pizza (48.91 g) Diced Peaches (20.48 g) Fresh Blueberries (10.72 g) Oven Sauteed Spinach (2.38 g) Steamed Corn (16.41 g) Super Side Salad (10.09 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) Sunbutter & Jelly Sandwich (63.32 g) Fresh Whole Apple (25.13 g) Mixed Fruit (15.80 g) Fresh Tomato and Cucumber Salad (1.69 g) Mex Roasted Sweet Potatoes (24.37 g) Super Side Salad (10.09 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