

# Nutrition & Wellness News May 11, 2023

## Breakfast Menu - served 7:45-8:05 a.m.

May 15-18	Monday	Tuesday	Wednesday	Thursday
Choice 1	Breakfast Wrap	Breakfast Burrito 	Waffle & Sausage	Breakfast Sandwich 
Choice 2	Assorted Cereal Choices my include: Reduce Sugar Cinnamon Toast Crunch, Cheerios, Reduced Sugar Trix, Rice Krispies, Kix			
Choice 3	Assorted Proteins: Yogurt, Hardboiled Eggs, String Cheese & Peanut Butter			
Sides	Assorted Fruits & Veggies			

## Lunch Menu

May 15-18	Meatless Monday	Taco Tuesday	Wednesday 	Field Day Thursday
Hot Choice	 <b>Grilled Cheese Sand</b> Whole Wheat Bread filled with Melted Cheese Tomato Soup	<b>Pork Carnitas Taco</b> Pork Carnitas on Hard Shell Taco	<b>Orange Chicken and Rice</b> Delicious Breaded Chicken on a Spicy Orange Sauce and Brown Rice	Sack Lunch Turkey Ham & Cheese Sandwich Baby Carrots Apple Slices Mandarin Oranges
Cold Choice	 <b>Peanut Butter &amp; Jelly Sand</b> Whole Wheat Bread with Peanut Butter and Grape Jelly	 <b>Nacho Fun Box</b> Tortilla Chips, Cheese Sauce, & Salsa	<b>Chicken Caesar Salad</b> Caesar Chicken on Romaine Lettuce with Parmesan Cheese	

## Salad Bar

Variety of Salad, Vegetables, Fruits, Protein and Toppings

## Fresh Fruit & Vegetable Program (FFVP)



Candy Cotton Grapes	Fresh Pink Pineapple	Radishes	Fresh Whole Envy Apple Served in the afternoon
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This institution is an equal opportunities provider. Menu subject to change without prior notice.  
Choice of 1% or fat-free milk offered with every meal.