

MAY | 2022

MEHP K-5th Grade Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chili with Ground Beef WGR Oyster Crackers WGR Dinner Roll Fresh Apple Garden Salad Milk 1 cup	3 Tangerine Chicken/ Fried Rice/ Stir-Fry Vegetables/ Pears/ Milk 1 cup	4 Lasagna/ Whole Grain Roll/ Steamed Broccoli/ Diced Peaches / Milk 1 cup	5 WGR Cheese Quesadilla Salsa Cup Pineapple Chunks Garden Salad WGR Tortilla Chips Milk 1 cup	6 Whole Grain Breaded Chicken Bites or Nuggets/ French Style Green Beans / Mixed Fruit/ Brown Rice/ Milk 1 cup
9 Whole Grain Beaded Fish Sticks 4 sticks 2 oz./ Diced Peaches ¼ cup / Steamed Diced Carrots ¼ cup / Whole Grain Roll 1 oz. / Milk 1 cup	10 Whole Grain Cheese Pizza/Pinto Beans / Diced Pears/ Milk 1 cup	11 WGR Chicken Sandwich/ Diced Mango /Asparagus / Whole Grain Roll /Milk 1 cup	12 Sloppy Joe on Whole Grain Hamburger Bun/ Mashed Potatoes / Mandarin Oranges/ Milk 1 Cup	13 WGR Chicken Corn Dogs Sweet Potato Fries Fresh Apple Garden Salad Milk 1 cup
16 Oven Baked Chicken/ Diced Carrots/ Peaches/ Brown Rice/Milk 1 cup	17 Beef Tacos/ Black Beans / Mandarin Oranges/ Taco Trimmings/ Milk 1 cup	18 Meatball Sub w/ Marinara Sauce & Shredded Cheese Steamed Broccoli Celery Sticks Peaches Milk 1 cup	19 Grilled Cheese Sandwich (2 oz. Whole Grain and 2 oz. Protein)/ Green Peas / Fresh Banana / Milk 1 cup	20 100% Beef Hamburger Patty/ Whole Grain Hamburger Bun/French Fries / Spinach and Tomato Slices/ Mandarin Oranges/ Milk 1 cup
23 Chili with Ground Beef WGR Oyster Crackers WGR Dinner Roll Fresh Apple Garden Salad Milk 1 cup	24 Tangerine Chicken/ Fried Rice/ Stir-Fry Vegetables/ Pears/ Milk 1 cup	25 Summer Break-No School	26 Summer Break-No School	27 Summer Break-No School
30 Summer Break-No School	31 Summer Break-No School	1 Summer Break-No School	2 Summer Break-No School	3 Summer Break-No School

News

Lunch Includes:

- Choice of 1 Entrée (includes meat/ meat alternative & grain)
- Choice of up to 2 vegetables *
- Choice of up to 2 fruits *
- Choice of Low-Fat, Fat-Free, or Lactose-Free Milk

*A lunch must include ½ cup of fruit or vegetable and 2 full other components

*Middle school students receive a maximum of 1 fruit with their lunch

Other Daily Lunch Entrée Options:

- Soy Butter and Jam Sandwich with Mozzarella Cheese Stick and Whole Grain Sun Chips, Celery, & Ranch
- Hummus, Whole Grain Chocolate Elf Grahams, Whole Grain Pretzels, Carrots, & Ranch

Due to national supply chain disruptions, we may have to make changes to our menus with little or no notice. Please know that we are doing our best to serve meals as planned. Thank you for understanding!