

MAY | 2022

MEHP Primary Lunch Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

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!