


Gluten Free Lunch Menu for May 2019

NHCS

		Wednesday, May 1	Thursday, May 2	Friday, May 3
		Roasted Chicken with Rice Fruit and Vegetable Of the Day Milk	Nacho Grande Fruit and Vegetable Of the Day Milk	Hamburger with Rice Fruit and Vegetable Of the Day Milk
Monday, May 6	Tuesday, May 7	Wednesday, May 8	Thursday, May 9	Friday, May 10
Beef Taco Meat with Tortilla Chips and Spanish Rice (MS) Roasted Chicken with Rice (Elem) Fruit and Vegetable Of the Day Milk	Salisbury Steak with Rice Fruit and Vegetable Of the Day Milk	BBQ Pork w/ Rice (MS) Grilled Chicken with Tortilla Chips (Elem) Fruit and Vegetable Of the Day Milk	Hamburger with Rice Fruit and Vegetable Of the Day Milk	Cheese Cubes and Yogurt with Tortilla Chips Fruit and Vegetable Of the Day Milk
Monday, May 13	Tuesday, May 14	Wednesday, May 15	Thursday, May 16	Friday, May 17
Meatballs with Rice Fruit and Vegetable Of the Day Milk	Meatballs with Rice Fruit and Vegetable Of the Day Milk	Roasted Chicken with Rice Fruit and Vegetable Of the Day Milk	Nacho Grande Fruit and Vegetable Of the Day Milk	Hot Dog with Rice Fruit and Vegetable Of the Day Milk
Monday, May 20	Tuesday, May 21	Wednesday, May 22	Thursday, May 23	Friday, May 24
BBQ Pork with Rice Fruit and Vegetable Of the Day Milk	Meatballs with Rice Fruit and Vegetable Of the Day Milk	Grilled Chicken with Tortilla Chips Fruit and Vegetable Of the Day Milk	Hamburger with Rice Fruit and Vegetable Of the Day Milk	Cheese Cubes and Yogurt with Tortilla Chips Fruit and Vegetable Of the Day Milk
Monday, May 27	Tuesday, May 28	Wednesday, May 29	Thursday, May 30	Friday, May 31
<i>Memorial Day</i> Celebrate. Honor. Remember. <i>Thank Those Serving...</i> <i>Remember Those Lost...</i>	Hot Dog with Rice Fruit and Vegetable Of the Day Milk	Roasted Chicken with Rice Fruit and Vegetable Of the Day Milk	Nacho Grande Fruit and Vegetable Of the Day Milk	Hamburger with Rice Fruit and Vegetable Of the Day Milk

May

- National Bike to School Day (May 8)
- School Nutrition Employee Week (May 6-10)



Developed by School Nutrition Services, N.C. Department of Public Instruction.
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