

# May 2021

| Mon   | Tue  | Wed   | Thu   | Fri  |
|---|--|---|---|--|
| <p>3</p> <p><b>Beef Bulgogi Bowl</b><br/>Steamed Rice,<br/>Carrots, Broccoli<br/>Avocado</p> <p>Apple</p>     | <p>4</p> <p><b>BBQ</b><br/>Chicken Sandwich<br/>Coleslaw and Grapes</p> <p>Toll House Cookie<br/>Bar</p> | <p>5</p> <p><b>Southwest Salmon</b><br/>Salad, Beans, Corn,<br/>Avocado, with Roasted<br/>Tomato Vinaigrette</p> <p>Cake</p>          | <p>6</p> <p><b>Herb Roasted</b><br/>Chicken<br/>Roasted Sweet<br/>Potatoes and Baby<br/>Carrots<br/>Diced Fruit</p>   | <p>7</p> <p><b>May Day #2</b><br/>BBQ Menu</p>   |
| <p>10</p> <p><b>Pesto Penne with</b><br/>Turkey and Roasted<br/>Vegetables<br/>Garlic Bread</p> <p>Cookie</p> | <p>11</p> <p><b>B.L.T on</b><br/>Focaccia<br/>Garden Salad</p> <p>Diced Fruit</p>                        | <p>12</p> <p><b>Chicken Shawarma</b><br/>Bowl, tomatoes,<br/>cucumber, Chickpeas,<br/>Over Quinoa Salad</p> <p>Brownie</p>            | <p>13</p> <p><b>Ahi Poke Bowl</b><br/>Radishes, Edamame,<br/>Cucumbers, Avocado,<br/>Carrots over<br/>Steamed Rice</p> <ul style="list-style-type: none"> <li>• <b>Contains Sesame</b><br/>Apple</li> </ul> | <p>14</p> <p><b>Chicken Enchiladas</b><br/>Spanish Rice,<br/>Roasted Zucchini</p> <p>Churros</p> |
| <p>17</p> <p><b>Chicken Yakisoba</b><br/>Stir-fry<br/>Vegetables</p> <p>Brownie</p>                           | <p>18</p> <p><b>Roast Beef and</b><br/>Cheddar Sandwich<br/>Grapes,<br/>Chips<br/>Cookie</p>             | <p>19</p> <p><b>Caesar Salad</b><br/>with<br/>Bronzed Salmon</p> <p>Diced Fruit</p>   | <p>20</p> <p><b>Doro Wat– Ethiopian</b><br/>Chicken over Red<br/>Lentils and Rice<br/>Roasted Cauliflower<br/>Pear</p>  | <p>21</p> <p><b>Mac and Cheese</b><br/>Roasted<br/>Vegetables</p> <p>Cookie</p>                  |
| <p>24</p> <p><b>Cajun</b><br/>Shrimp<br/>Penne Pasta</p> <p>Apple</p>   | <p>25</p> <p><b>Grilled Chicken</b><br/>Cobb Salad</p> <p>Rice Krispy Treat</p>                          | <p>26</p> <p><b>Cuban Sandwich,</b><br/>Roasted Mango Pork,<br/>Swiss Cheese, Pickles<br/>Black Bean and Corn<br/>Salad<br/>Plums</p> | <p>27</p> <p><b>Beef Gyro's</b><br/>with<br/>Tabouli Salad</p> <p>Toll House Cookie<br/>Bar</p>   | <p>28</p> <p><b>Chicken Teriyaki</b><br/>Steamed Rice<br/>and Edamame</p> <p>Brownie</p>         |
| <p>31</p> <p><b>Memorial Day</b><br/>Lakeside Closed</p>  |  | <p><b>Grades 5,7,9,10</b><br/>May 10-14<br/>May 24-28</p>   | <p><b>Grades</b><br/>6,8,11,12<br/>May 3-7<br/>May 17-21</p>  |  |

# May Gluten Free 2021

| Mon   | Tue   | Wed   | Thu  | Fri  |
|---|---|---|--|--|
| <p>3</p> <p><b>Beef Bulgogi Bowl</b><br/>Steamed Rice,<br/>Carrots, Broccoli<br/>Avocado</p> <p>Apple</p>           | <p>4</p> <p><b>BBQ</b><br/>Chicken Sandwich<br/>Coleslaw and Grapes</p> <p>GF Brownie</p>         | <p>5</p> <p><b>Southwest Salmon</b><br/>Salad, Beans, Corn,<br/>Avocado, with Roasted<br/>Tomato Vinaigrette</p> <p>Apple</p>         | <p>6</p> <p><b>Herb Roasted</b><br/>Chicken<br/>Roasted Sweet<br/>Potatoes and Baby<br/>Carrots<br/>Diced Fruit</p>  | <p>7</p> <p><b>May Day #2</b><br/>BBQ Menu</p>   |
| <p>10</p> <p><b>Pesto GF Penne with</b><br/>Turkey and Roasted<br/>Vegetables<br/>Garlic Bread</p> <p>GF Cookie</p> | <p>11</p> <p><b>B.L.T on</b><br/>GF Bread<br/>Garden Salad</p> <p>Diced Fruit</p>                 | <p>12</p> <p><b>Chicken Shawarma</b><br/>Bowl, tomatoes,<br/>cucumber, Chickpeas,<br/>Over Quinoa Salad</p> <p>GF Brownie</p>         | <p>13</p> <p><b>Ahi Poke Bowl</b><br/>Radishes, Edamame,<br/>Cucumbers, Avocado,<br/>Carrots over<br/>Steamed Rice</p> <ul style="list-style-type: none"> <li>• <b>Contains Sesame</b></li> </ul> <p>Apple</p> | <p>14</p> <p><b>Chicken Enchiladas</b><br/>Spanish Rice,<br/>Roasted Zucchini</p> <p>GF Cookie</p> |
| <p>17</p> <p><b>Chicken</b><br/>Stir-fry over Steamed<br/>Rice<br/>Vegetables<br/>GF Brownie</p>                    | <p>18</p> <p><b>Roast Beef and Ched-</b><br/>dar Sandwich<br/>Grapes,<br/>Chips<br/>GF Cookie</p> | <p>19</p> <p><b>Caesar Salad</b><br/>with<br/>Bronzed Salmon</p> <p>Diced Fruit</p>   | <p>20</p> <p><b>Doro Wat– Ethiopian</b><br/>Chicken over Red<br/>Lentils and Rice<br/>Roasted Cauliflower<br/>Pear</p>   | <p>21</p> <p><b>GF Mac and Cheese</b><br/>Roasted<br/>Vegetables</p> <p>GF Cookie</p>              |
| <p>24</p> <p><b>Cajun</b><br/>Shrimp<br/>GF Penne Pasta</p> <p>Apple</p>  | <p>25</p> <p><b>Grilled Chicken</b><br/>Cobb Salad</p> <p>Rice Krispy Treat</p>                   | <p>26</p> <p><b>Cuban Sandwich,</b><br/>Roasted Mango Pork,<br/>Swiss Cheese, Pickles<br/>Black Bean and Corn<br/>Salad<br/>Plums</p> | <p>27</p> <p><b>Greek Salad with</b><br/>Gyro Meat</p> <p>Apple</p>  | <p>28</p> <p><b>Chicken Teriyaki</b><br/>Steamed Rice<br/>and Edamame</p> <p>Brownie</p>           |
| <p>31</p> <p><b>Memorial Day</b><br/>Lakeside Closed</p>  |   | <p><b>Grades 5,7,9,10</b><br/>May 10-14<br/>May 24-28</p>   | <p><b>Grades</b><br/>6,8,11,12<br/>May 3-7<br/>May 17-21</p>   |  |

# May Vegan 2021

| Mon  | Tue  | Wed   | Thu   | Fri   |
|--|--|---|---|---|
| 3<br><br><b>Kimchi and Tofu Bowl</b><br>Steamed Rice,<br>Carrots, Broccoli<br>Avocado<br>Apple | 4<br><br><b>BBQ Jackfruit Sandwich</b><br>Grapes<br><br>Vegan Cookie               | 5<br><br><b>Southwest Salad, Black Beans, Corn, Avocado, with Roasted Tomato Vinaigrette</b><br>Apple | 6<br><br><b>Herb Roasted Tempeh</b><br>Roasted Sweet Potatoes and Baby Carrots<br>Diced Fruit   | 7<br><br><b>May Day #2 BBQ Menu</b>   |
| 10<br><br><b>Pesto Pasta with Roasted Vegetables</b><br>Dinner Roll<br><br>Vegan Cookie        | 11<br><br><b>Roasted Vegetables on Focaccia</b><br>Garden Salad<br><br>Diced Fruit | 12<br><br><b>Marinated Tofu Bowl, tomatoes, cucumber, Chickpeas, Over Quinoa Salad</b><br><br>Pear    | 13<br><br><b>Butternut Squash Radishes, Edamame, Cucumbers, Avocado, Carrots over Steamed Rice</b><br>• <b>Contains Sesame</b><br>Apple | 14<br><br><b>Black Bean Vegan Enchiladas</b><br>Spanish Rice,<br>Roasted Zucchini<br><br>Pear |
| 17<br><br><b>Stir-fry Vegetables and Tofu over Steamed Rice</b><br>Diced Fruit                 | 18<br><br><b>Portobello Sandwich</b><br>Grapes,<br>Chips<br>Vegan Cookie           | 19<br><br><b>Broccoli and Quinoa Summer Salad,</b><br><br>Diced Fruit                                 | 20<br><br><b>Misir Wat -Red Lentil Stew</b><br>Roasted Cauliflower<br>Apple   | 21<br><br><b>Vegan Mac and Cheese</b><br>Roasted Vegetables<br>Vegan Cookie                   |
| 24<br><br><b>Penne Pasta Marinara Sauce</b><br>Side Salad<br>Vegan Brownie                     | 25<br><br><b>Vegan Cobb Salad</b><br>Vegan Rice Krispy Treat                       | 26<br><br><b>Golden Beet and Quinoa Wrap, Sweet Potato Chips, Baby Carrots</b><br>Plums               | 27<br><br><b>Falafel with Tabouli Salad</b><br><br>Toll House Cookie Bar  | 28<br><br><b>Teriyaki Tofu</b><br>Steamed Rice and Edamame<br><br>Brownie                     |
| 31<br><br><b>Memorial Day Lakeside Closed</b>  |  | <b>Grades 5,7,9,10</b><br><b>May 10-14</b><br><b>May 24-28</b>  | <b>Grades 6,8,11,12</b><br><b>May 3-7</b><br><b>May 17-21</b>   |   |