


Type School Name Here

**MCFI**

**9-12 Hot Lunch**



**May  
2022**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> WG Chicken Smackers (10) BBQ Packet Assorted WG Graham Cracker Baby Carrots with Ranch Seasonal Fruit (1 cup) Choice of Milk	<b>3</b> Turkey Hot Dog on WG Bun Ketchup Packet Vegetarian Baked Beans Seasonal Fruit (1 cup) Choice of Milk	<b>4</b> WG Cheesy Pull Aparts Steamed Broccoli Seasonal Fruit (1 cup) Choice of Milk	<b>5</b> <b>CINCO DE MAYO</b> Chicken Tacos with Shredded Cheese on Whole Grain Tortilla Taco Sauce WG Cracker Fiesta Roasted Potatoes Seasonal Fruit (1 cup) Choice of Milk	<b>6</b> Italian Meat Sauce Whole Grain Pasta WG Breadstick Celery Sticks with Ranch Seasonal Fruit (1 cup) Choice of Milk
<b>9</b> Asian Chicken WG Brown Rice WG Cracker Crunchy Broccoli with Ranch Seasonal Fruit (1 cup) Choice of Milk	<b>10</b> <b>BRUNCH FOR LUNCH</b> Chicken and Waffles Chicken Smackers (5) WG Waffle or Pancake Pouch Syrup Cup and BBQ Packet Yogurt Cup or String Cheese Baby Carrots with Ranch Seasonal Fruit (1 cup) Choice of Milk	<b>11</b> Sloppy Joes on WG Bun Steamed Corn Seasonal Fruit (1 cup) Choice of Milk	<b>12</b> WG Breaded Chicken Breast Fillet BBQ Sauce WG Cornbread with Honey Packet Vegetarian Baked Beans Seasonal Fruit (1 cup) Choice of Milk	<b>13</b> Build Your Own Sub Turkey Breast and Cheese, Lettuce on Whole Grain Roll with Mayo Baby Carrots with Ranch Seasonal Fruit (1 cup) Choice of Milk Whole Grain Cookie
<b>16</b> Swedish Meatballs (Turkey) over WG Pasta WG Cracker Baby Carrots with Ranch Seasonal Fruit (1 cup) Choice of Milk	<b>17</b> BBQ Chicken Salad with Romaine Salad, BBQ Chicken, Cheddar Cheese and Ranch Dressing WG Cornbread with Honey WG Cracker Seasonal Fruit (1 cup) Choice of Milk	<b>18</b> Salisbury Steak (Beef) with Brown Gravy WG Biscuit with Margarine Mashed Potatoes Seasonal Fruit (1 cup) Choice of Milk	<b>19</b> Domino's Cheese Pizza Baby Carrots with Ranch Seasonal Fruit (1 cup) Choice of Milk	<b>20</b> Cheeseburger on WG Bun Ketchup Packet Vegetarian Baked Beans Seasonal Fruit (1 cup) Choice of Milk
<b>23</b> Non-WG Mac and Cheese (1/3 c) WG Chicken Smackers (5) with BBQ Packet WG Pretzel Breadstick Baby Carrots with Ranch Seasonal Fruit (1 cup) Choice of Milk	<b>24</b> BBQ Chicken Sandwich on Whole Grain Bun Steamed Corn Seasonal Fruit (1 cup) Choice of Milk	<b>25</b> <b>BRUNCH FOR LUNCH</b> Chicken Breakfast Sausage, Egg and Cheese Breakfast Sandwich on WG Biscuit Baby Carrots with Ranch Seasonal Fruit (1 cup) Choice of Milk	<b>26</b> Beef Nachos with WG Tortilla Chips (2 oz), Shredded Mozzarella Cheese (1/2 oz), Shredded Lettuce and Taco Sauce Packet Seasonal Fruit (1 cup) Choice of Milk	<b>27</b> Asian Chicken WG Brown Rice WG Cracker Crunchy Broccoli with Ranch Seasonal Fruit (1 cup) Choice of Milk
<b>30</b> <b>NO SCHOOL</b>  <b>MEMORIAL DAY</b>	<b>31</b> WG Cheese Pizza Sticks Marinara Sauce Cup Steamed Vegetable (1/2 cup) Seasonal Fruit (1 cup) Choice of Milk	<b>MILK FOR SCHOOL:</b> <b>SKIM WHITE</b> <b>LOW FAT WHITE</b> <b>SKIM CHOCOLATE</b>  <b>MENU SUBJECT TO CHANGE</b>		

This institution is an equal opportunity provider.



**May Nutrition Tip: Child Nutrition Employee Appreciation Week**

May contains Child Nutrition Employee Appreciation Week, make sure to show your food staff some extra love this month for all that they do!

Source: [schoolnutrition.org](http://schoolnutrition.org)

For ideas to celebrate, click the QR Code!

