

Lunch orders must be placed through Lunch Direct by **Wednesday** for the following week.

MAY 2023

WESTLAKE PREP

Lunches Provided By:

Roadrunner Foods

(p) 281-565-7902

www.RoadrunnerFoodService.com

Monday

NEW ITEM!

1

Chicken Parmesan Pasta Bake
Peas & Diced Carrots Blend
Dinner Roll
Seasonal Fresh Fruit

V: Spaghetti w/ Marinara Sauce & Mozzarella

Tuesday

Breakfast For Lunch!

2

French Toast Sticks w/ Syrup
Potatoes O'Brien w/ Tri-Colored Bell Peppers

Turkey Sausage patty
Seasonal Fresh Fruit
V: Veggie Sausage Patty

Wednesday

3

Rosemary Lemon Chicken Breast w/
Mashed Potatoes
Green Beans
Hawaiian Roll
Seasonal Fresh Fruit

V: Veggie Chicken Strips

Thursday

4

Oven Baked Chicken Tenders
Potatoes Au Gratin
Mixed Vegetables
Seasonal Fresh Fruit

V: Veggie Nuggets

Friday

5

8

Oven Baked Fish Sticks
Mashed Potatoes
Sweet Peas
Cinnamon Baked Peaches

V: Veggie Nuggets

Tuesday

9

Bow Tie Pasta in a Lemon Butter Sauce
w/ Grilled Chicken & Broccoli Bits
Oven Roasted Baby Carrots
Dinner Roll
Seasonal Fresh Fruit

V: Bow Tie Pasta w/ Veggie Chicken

Wednesday

10

Beef Burger w/ Cheddar Cheese
Oven Baked Tater Tots
Green Beans
Seasonal Fresh Fruit

V: Veggie Burger

Thursday

NEW ITEM!

11

Fiesta Bowl!

(Spanish Rice w/ Diced Chicken & Monterey Jack Cheese)

Black Beans
Buttered Corn

V: Fiesta Bowl w/ Veggie Chicken

15

Penne Pasta w/ Beef Meat Sauce
Green Beans
Dinner Roll
Seasonal Fresh Fruit

V: Penne Pasta w/ Marinara Sauce

Breakfast For Lunch!

16

Mini Buttermilk Pancakes w/ Syrup
Potatoes O'Brien w/ Tri-Colored Bell Peppers

Turkey Sausage Patty
Seasonal Fresh Fruit
V: Veggie "Sausage" Patty

Wednesday

17

Crispy Chicken Sandwich
Veggie Baked Beans
Buttered Corn
Seasonal Fresh Fruit

V: Veggie "Chicken" Sandwich

Thursday

18

Chicken Teriyaki Fried Rice w/ Mixed Veggies

Oven Roasted Baby Carrots
Hawaiian Roll
Seasonal Fresh Fruit

V: Chicken Fried Rice w/ Veggie Chicken

22

Chicken & Spinach Rigatoni Pasta w/
Marinara Sauce
Sweet Peas
Dinner Roll
Seasonal Fresh Fruit

V: Rigatoni Pasta w/ Spinach & Marinara

Breakfast For Lunch!

23

Ground Beef Soft Taco w/ Monterey Jack Cheese

Spanish Rice w/ Mixed Veggies
Refried Beans
Seasonal Fresh Fruit

V: Bean & Cheese Roll Up

Wednesday

24

Sliced BBQ Chicken Breast w/ Mashed Potatoes
Buttered Corn
Hawaiian Roll
Seasonal Fresh Fruit

V: BBQ Veggie "Chicken" Strips

Thursday

25

Oven Baked Chicken Tenders
Macaroni & Cheese
Green Beans
Seasonal Fresh Fruit

V: Veggie Nuggets

29

MEMORIAL DAY

30

31

SIGN UP NOW TO ORDER SCHOOL LUNCHES!

WWW.LUNCHDIRECT.COM

SCHOOL CODE: 233000

Each day your child will get a choice between our Main Entree, **Cold Turkey Hoagie Box Lunch**, and three alternative hot entrees.

Either **A. Grilled Cheese Sandwich** **B: Cheesy Chicken Broccoli & Rice Casserole** **C: Oven Baked Chicken Tenders.**

These hot alternative entrees will replace the main entree of the day; all sides will remain the same.

All menu items are subject to change without notice due to availability, freshness, and quality of ingredients