

One complete lunch meal daily is free for all Pasadena USD students  
 \$4.75 for Adults and 2<sup>nd</sup> complete lunch meals  
 Milk or Juice only is \$.50

# PUSD Childcare Lunch

## May 2024

PUSD Menus are nut free.

\*Non-Meat Item

Menu subject to change

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Week 1</b> <b>May 1 – 3</b> <b>May 20 - 24</b>	<b>Chicken or *Plant Based Tenders</b> 2m/ma & 1 whole grain  <b>*Low Fat Yogurt Grab &amp; Go Bag</b> 2 m/ma & 2 whole grain  <b>Broccoli</b> ½ cup vegetable <b>Whole Pears</b> ½ cup fruit	<b>Meatball Hoagie Sandwich</b> 2 m/ma & 2 whole grains  <b>*Italian Cheesy Bread w/ Marinara</b> 2 m/ma & 2 whole grains  <b>Green Beans</b> ½ cup vegetable <b>Seasonal Fruit</b> ½ cup fruit	<b>Teriyaki Chicken over Brown Rice</b> 2 m/ma & 2 whole grains  <b>*Soy Butter &amp; Jam Sandwich</b> 2 m/ma & 2 whole grains  <b>Carrot Coins</b> ½ cup vegetable <b>Seasonal Fruit</b> ½ cup fruit	<b>Chicken, Cheese &amp; Rice Burrito</b> 2 m/ma & 2 whole grains  <b>Crispy Fish Soft Tacos (2)</b> 2 m/ma & 2 whole grain  <b>Pinto Beans</b> ½ cup vegetable <b>Fruit Cup</b> ½ cup fruit	<b>Cheeseburger or Veggie Burger</b> 2 m/ma & 2 whole grains  <b>*Low Fat Yogurt Grab &amp; Go Bag</b> 2 m/ma & 2 whole grain  <b>Potato Wedges</b> ½ cup vegetable <b>Banana</b> ½ cup fruit
<b>Week 2</b> <b>May 6 – 10</b> <b>May 28 - 31</b>	<b>Chicken or *Plant Based Nuggets</b> 2 m/ma & 1 whole grain  <b>*Low Fat Yogurt Grab &amp; Go Bag</b> 2 m/ma & 2 whole grain  <b>Broccoli</b> ½ cup vegetable <b>Whole Pears</b> ½ cup fruit	<b>Italian Submarine Sandwich</b> 2 m/ma & 2 whole grains  <b>*Mac &amp; Cheese</b> 2 m/ma & 1 whole grains  <b>Green Beans</b> ½ cup vegetable <b>Seasonal Fruit</b> ½ cup fruit	<b>Beef Teriyaki Dippers over Brown Rice</b> 2 m/ma & 2 whole grains  <b>*Bag of Sunshine</b> Honey Roasted Sunflower Seeds, LF String Cheese, Sun Chips & Raisins 2 m/ma, 2 whole grains  <b>Carrot Coins</b> ½ cup vegetable <b>Seasonal Fruit</b> ½ cup fruit	<b>Chicken Drumstick w/ Artisan Dinner Roll</b> 2m/ma & 2 whole grains Or <b>*Cheese Pupusa</b> 2 m/ma & 2 whole grains  <b>Pinto Beans</b> ½ cup vegetable <b>Fruit Cup</b> ½ cup fruit	<b>*Grilled Cheese Sandwich</b> 2 m/ma & 2 whole grains  <b>*Low Fat Yogurt Grab &amp; Go Bag</b> 2 m/ma & 2 whole grain  <b>Tater Tots</b> ½ cup vegetable <b>Banana</b> ½ cup fruit
<b>Week 3</b> <b>May 13 - 17</b>	<b>Chicken or *Plant Based Chicken Sandwich</b> 2 m/ma & 3 whole grains  <b>*Low Fat Yogurt Grab &amp; Go Bag</b> 2 m/ma & 2 whole grain  <b>Broccoli</b> ½ cup vegetable <b>Whole Pears</b> ½ cup fruit	<b>Penne Pasta with Meat Sauce</b> 2 m/ma & 2 whole grain  <b>*Italian Cheesy Bread w/ Marinara</b> 2 m/ma & 2 whole grains  <b>Green Beans</b> ½ cup vegetable <b>Seasonal Fruit</b> ½ cup fruit	<b>Orange Chicken over Brown Rice</b> 2 m/ma & 2 whole grains  <b>*Low Fat Yogurt Grab &amp; Go Bag</b> 2 m/ma & 2 whole grain  <b>Carrot Coins</b> ½ cup vegetable <b>Seasonal Fruit</b> ½ cup fruit	<b>Beef Tacos (2)</b> 2 m/ma & 2 whole grains  <b>*Bean &amp; Cheese Quesadilla</b> 2 m/ma & 2 whole grains  <b>Pinto Beans</b> ½ cup vegetable <b>Fruit Cup</b> ½ cup fruit	<b>Pepperoni or *Cheese Pizza</b> 2 m/ma & 2 whole grains  <b>*Low Fat Yogurt Grab &amp; Go Bag</b> 2 m/ma & 2 whole grain  <b>Roasted Corn</b> ½ cup vegetable <b>Banana</b> ½ cup fruit

Visit [www.pusd.us](http://www.pusd.us) for:

Monthly menus, nutrition, allergen, and carbohydrate information.

For additional information or inquiries, please contact PUSD Food and Nutrition Services 740 W. Woodbury Rd, Pasadena, CA 91103 (626) 396-5852

Select at least 3 food components to complete a nutritious lunch meal.  
 1% white 6 oz milk is offered daily to complete a nutritious lunch meal.

**This institution is an equal opportunity provider.**