

Monday 5/2	Tuesday 5/3	Wednesday 5/4	Thursday 5/5 Cinco de Mayo	Friday 5/6 School Lunch Hero Day
<p>Lunch Option #1: Salisbury Steak and Gravy</p> <p>Lunch Option #2: Beef Hot Dog on a Whole Grain Bun with Ketchup and Mustard</p> <p>Sandwich Option #1: Tuna Salad on Wheat with Lettuce and Tomato</p> <p>Salad Option #1: Tuna Salad over Garden Salad with a Whole Grain Roll and Low Fat Dressing</p> <p>Today's Sides: Roasted Red Potatoes, Scandinavian Vegetables</p> <p>Today's Fruit: Sliced Apples, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p>	<p>Lunch Option #1: Grilled Chicken Quesadillas with Sour Cream and Salsa</p> <p>Lunch Option #2: Grilled Vegetable Quesadilla with Sour Cream and Salsa</p> <p>Sandwich Option #1: Ham and American Cheese on Wheat with Lettuce and Tomato</p> <p>Salad Option #1: Southwest Chicken and Vegetable Salad with Low Fat Dressing and a Whole Grain Roll</p> <p>Today's Sides: Seasoned Corn, Refried Beans</p> <p>Today's Fruit: Mixed Grapes, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p>	<p>Lunch Option #1: Baked Chicken Tenders with Dipping Sauce</p> <p>Lunch Option #2: Meatball Parmesan Sub with Marinara on a Whole Grain Roll</p> <p>Sandwich Option #1: Turkey and Swiss with Lettuce, Tomato on a Kaiser Roll</p> <p>Salad Option #1: Chef Salad with Low Fat Dressing and a Whole Grain Roll</p> <p>Today's Sides: Baked Fries, California Blend Vegetables</p> <p>Today's Fruit: Orange Slices, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p>	<p>Lunch Option #1: Ground Beef Soft Tacos with Shredded Lettuce, Diced Tomatoes, Cheddar Cheese</p> <p>Lunch Option #2: Veggie and Bean Nachos</p> <p>Sandwich Option #1: Southwest Chicken and Black Bean Wrap with Lettuce, Tomato, Ranch, and Avocado</p> <p>Salad Option #1: Taco Salad</p> <p>Today's Sides: Seasoned Pinto Beans, Spanish Rice</p> <p>Today's Fruit: Apple Sauce, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p>	<p>Professional Day No School for Students</p>
Monday 5/9	Tuesday 5/10 National Shrimp Day	Wednesday 5/11	Thursday 5/12	Friday 5/13 International Hummus Day
<p>Lunch Option #1: Citrus and Herb Roasted Chicken</p> <p>Lunch Option #2: Turkey Burger with Cheddar with Lettuce, Tomato, Ketchup and mustard on a Whole Grain Bun</p> <p>Sandwich Option #1: Italian Cold Cut</p> <p>Salad Option #1: Chef Salad with a Whole Grain Roll and Low Fat Dressing</p> <p>Today's Sides: Steamed Baby Carrots, Barbecue Baked Beans</p> <p>Today's Fruit: Diced Peaches, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p>	<p>Lunch Option #1: Baked Chicken Tenders with Honey Mustard Dipping Sauce</p> <p>Lunch Option #2: Popcorn Shrimp with Cocktail Sauce</p> <p>Sandwich Option #1: Shrimp Salad Sandwich on a Kaiser with Lettuce and Tomato</p> <p>Salad Option #1: Shrimp Salad over Garden Salad with A Whole Grain Roll and Low Fat Dressing</p> <p>Today's Sides: Baked Fries, California Blend Vegetables</p> <p>Today's Fruit: Sliced Apples, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p>	<p>Lunch Option #1: Spaghetti and Meatballs with Marinara and Parmesan</p> <p>Lunch Option #2: Eggplant Parmesan Sub</p> <p>Sandwich Option #1: Oven Fried Chicken Sandwich with Lettuce, Tomatoes, and Pickles</p> <p>Salad Option #1: Buffalo Crispy Chicken Salad with Low Fat Dressing and a Whole Grain Roll</p> <p>Today's Sides: Steamed Broccoli, Roasted Root Vegetable Medley</p> <p>Today's Fruit: Apple Sauce, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p>	<p>Lunch Option #1: Grilled Cheeseburger on a Whole Grain Roll with Lettuce and Tomato, Ketchup and Mustard</p> <p>Lunch Option #2: Grilled Hot Dogs on a Whole Grain Bun with Ketchup and Mustard</p> <p>Sandwich Option #1: Chicken Salad with Lettuce and Tomato on a Kaiser Roll</p> <p>Salad Option #1: Chicken Salad Garden Salad with a Whole Grain Roll and Low Fat Dressing</p> <p>Today's Sides: Macaroni and Cheese, Mashed Sweet Potatoes</p> <p>Today's Fruit: Watermelon, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p>	<p>Lunch Option #1: Cheese Pizza on Whole Grain Crust with Homemade Sauce</p> <p>Lunch Option #2: Meat Lovers Pizza on Whole Grain Crust with Homemade Sauce</p> <p>Sandwich Option #1: Roasted Veggie and Hummus Wrap</p> <p>Salad Option #1: Roasted Veggie and Hummus Salad over Spinach with Low Fat Dressing and Whole Grain Roll</p> <p>Today's Sides: Tossed Salad with Low Fat Dressing, California Blend Vegetable</p> <p>Today's Fruit: Diced Peaches, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p>
Monday 5/16 National Barbecue Day	Tuesday 5/17	Wednesday 5/18	Thursday 5/19	Friday 5/20
<p>Lunch Option #1: Barbecue Chicken</p> <p>Lunch Option #2: Barbecue Pulled Pork Sandwich on a Kaiser Roll</p> <p>Sandwich Option #1: Chicken Caesar Wrap with Lettuce, Tomato, and Fresh Mozzarella</p> <p>Salad Option #1: Chicken Caesar Salad with a Whole Grain Roll and Low Fat Dressing</p> <p>Today's Sides: Steamed Green Beans, Macaroni Salad</p> <p>Today's Fruit: Apple Slices, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p>	<p>Lunch Option #1: Ground Beef Soft Tacos with Shredded Lettuce, Diced Tomatoes, Cheddar Cheese</p> <p>Lunch Option #2: Veggie Quesadilla with Sour Cream and Salsa</p> <p>Sandwich Option #1: Oven Fried Chicken Sandwich with Lettuce, Tomatoes, and Pickles</p> <p>Salad Option #1: Tuna fish Garden Salad with low fat Dressing and a Whole Grain Roll</p> <p>Today's Sides: Key Largo Vegetables, Spanish Rice</p> <p>Today's Fruit: Tropical Fruit Salad, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p>	<p>Lunch Option #1: Whole Grain Chicken Tenders with Dipping Sauce</p> <p>Lunch Option #2: Grilled Cheeseburger on a Whole Grain Bun with Lettuce and Tomatoes</p> <p>Sandwich Option #1: Turkey and Cheddar with Chipotle Mayo on a Pretzel Bun</p> <p>Salad Option #1: Blackened Chicken and Vegetable Salad with a Whole Grain Roll and Low Fat Dressing</p> <p>Today's Sides: Baked Fries, Steamed Baby Carrots</p> <p>Today's Fruit: Mandarin Oranges, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p>	<p>Lunch Option #1: 4 Cheese Baked Ziti with Marinara Sauce</p> <p>Lunch Option #2: Meatball Parmesan Sub with Marinara and Provolone Cheese</p> <p>Sandwich Option #1: Ham and Swiss Sub with Honey Mustard, Lettuce, Tomatoes, and Pickles</p> <p>Salad Option #1: Chef Salad with a Whole Grain Roll and Low Fat Dressing</p> <p>Today's Sides: Roasted Root Vegetable Blend Garlic Bread</p> <p>Today's Fruit: Whole Apples, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p>	<p>Lunch Option #1: Cheese Pizza on Whole Grain Crust with Homemade Sauce</p> <p>Lunch Option #2: Whole Grain Fish Sticks with Tarter Sauce</p> <p>Sandwich Option #1: Italian Cold Cut Sub</p> <p>Salad Option #1: Grilled Chicken Caesar Salad with a Whole Grain Roll and Low Fat Dressing</p> <p>Today's Sides: Tossed Salad with Low Fat Dressing, California Blend Vegetable</p> <p>Today's Fruit: Diced Peaches, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p>
Monday 5/23	Tuesday 5/24 National Asparagus Day	Wednesday 5/25	Thursday 5/26	Friday 5/27
<p>Lunch Option #1: General Tso's Chicken</p> <p>Lunch Option #2: Teriyaki Sliced Beef</p> <p>Sandwich Option #1: Asian Chicken and Veggie Wrap</p> <p>Salad Option #1: Teriyaki Beef and Asian Vegetable Salad</p> <p>Today's Sides: Lo Mein Noodles, Stir Fried Vegetables</p> <p>Today's Fruit: Mandarin Oranges, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p>	<p>Lunch Option #1: Ground Beef Soft Tacos with Shredded Lettuce, Diced Tomatoes, Cheddar Cheese</p> <p>Lunch Option #2: Veggie Quesadilla with Sour Cream and Salsa</p> <p>Sandwich Option #1: Oven Fried Chicken Sandwich with Lettuce, Tomatoes, and Pickles</p> <p>Salad Option #1: Tuna fish Garden Salad with low fat Dressing and a Whole Grain Roll</p> <p>Today's Sides: Fresh Steamed Asparagus, Spanish Rice</p> <p>Today's Fruit: Apple Slices, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p>	<p>Lunch Option #1: Whole Grain Chicken Tenders with Dipping Sauce</p> <p>Lunch Option #2: Whole Grain Fish Sticks with Tarter Sauce</p> <p>Sandwich Option #1: Turkey and Cheddar with Chipotle Mayo on a Pretzel Bun</p> <p>Salad Option #1: Blackened Chicken and Vegetable Salad with a Whole Grain Roll and Low Fat Dressing</p> <p>Today's Sides: Baked Fries, Steamed Baby Carrots</p> <p>Today's Fruit: Mandarin Oranges, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p>	<p>Lunch Option #1: Scrambled Eggs with Cheese, Sausage Patty, and French Toast</p> <p>Lunch Option #2: Cheesesteak Sub on a Whole Grain Roll with American Cheese</p> <p>Sandwich Option #1: Waldorf Chicken Salad Wrap</p> <p>Salad Option #1: Waldorf Chicken Salad over a Garden Salad with a Whole Grain Roll</p> <p>Today's Sides: Home Fried Potatoes, Mediterranean Grilled Vegetables</p> <p>Today's Fruit: Fresh Melon, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p>	<p>Lunch Option #1: Cheese Pizza on Whole Grain Crust with Homemade Sauce</p> <p>Lunch Option #2: Whole Grain Fish Sticks with Tarter Sauce</p> <p>Sandwich Option #1: Italian Cold Cut Sub</p> <p>Salad Option #1: Grilled Chicken Caesar Salad with a Whole Grain Roll and Low Fat Dressing</p> <p>Today's Sides: Tossed Salad with Low Fat Dressing, California Blend Vegetable</p> <p>Today's Fruit: Diced Peaches, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p>

Monday 5/30	Tuesday 5/31			
<p style="text-align: center;">No School Memorial Day</p>	<p>Lunch Option #1: Ground Beef Soft Tacos with Shredded Lettuce, Diced Tomatoes, Cheddar Cheese</p> <p>Lunch Option #2: Grilled Chicken Nachos with Black Beans, Peppers, Onions, Tomatoes and Nachos Cheese</p> <p>Sandwich Option #1: Oven Fried Chicken Sandwich with Lettuce, Tomatoes, and Pickles</p> <p>Salad Option #1: Tuna fish Garden Salad with low fat Dressing and a Whole Grain Roll</p> <p>Today's Sides: Seasoned Pinto Beans, Spanish Rice</p> <p>Today's Fruit: Apple Slices, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p>			