



MAY 2019 Pre-K – 8th Child & Nutrition Program

COLD LUNCH MENU

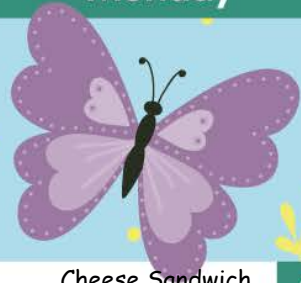
Monday

Tuesday

Wednesday

Thursday

Friday



Alternative Meal:
Ham/Cheese on a Bagel
Alternative meals are served
with main meal "sides."

Nut Butter
Jelly Sandwich **1**
Carrot Sticks, ½ cup
Fresh Broccoli, ½ cup
Assorted Fruit, ½ cup
Milk

Turkey Ham **2**
& Cheese on a Roll w/Lettuce,
Tomato & Pickle Chips
Black Bean Salad, ½ cup
Fresh Fruit, ½ cup
Choice of Milk

Hummus with Pita **3**
Carrot Sticks, ½ cup
Fruit Cup, ½ cup
Milk

Cheese Sandwich **6**
on a Bun
Mayo/Mustard
Carrot Sticks, ½ cup
Fruit Cup, ½ cup
Milk

Bagel with **7**
String Cheese Stick and
Peanut Butter
Green Pepper Sticks ½ cup
Fresh Fruit, ½ cup
Choice of Milk

Green Lettuce Salad **8**
Chicken Fajita
Dinner Roll
Chick Pea Salad -1/2 cup
Assorted Fruit, ½ cup
Milk

Nut Butter and Jelly **9**
Sandwich
Celery Sticks, ½ cup
Red Pepper Strips - ½ cup
Fresh Fruit, ½ cup
Choice of Milk

Turkey Ham Sandwich **10**
Cucumber Coins, ½ cup
Corn Salad, ½ cup
Assorted Fruit, ½ cup
Milk

Nut Butter Sandwich **13**
Carrot Sticks- ½ cup
Corn Salad - ½ cup
Fruit Cup, ½ cup
Milk

Cheese and Turkey Ham **14**
Wrap
Black Bean Salad - ½ cup
Fresh Fruit - ½ cup
Choice of Milk

Nut Butter and Jelly Sandwich **15**
Zucchini Sticks - ½ cup
Assorted Fruit - ½ cup
Milk

Tuna Sandwich **16**
Marinated Green Beans
Tomato Salad - ½ cup
Fresh Fruit - ½ cup
Choice of Milk

Garden Salad with Cheese and **17**
Turkey/w LF Dressing & Roll
Broccoli - ½ cup
Assorted Fruit - ½ cup
Milk

Jelly Sandwich with **20**
a Cheese Stick
Celery Sticks - ½ cup
Tomato Salad - ½ cup
Fruit Cup- ½ cup
Milk

Turkey Bologna and **21**
Cheese Sandwich
Mayo/Mustard
Red Kidney Bean Salad, ½ cup
Fresh Fruit, ½ cup
Choice of Milk

Green Lettuce Salad **22**
Popcorn Chicken
a Dinner Roll
Corn Salad, ½ cup
Assorted Fruit, ½ cup
Milk

Bagel with **23**
String Cheese Stick and
Peanut Butter
Green Pepper Sticks ½ cup
Fresh Fruit, ½ cup
Choice of Milk

Nut Butter and Jelly Sandwich **24**
Carrot Sticks - ½ cup
Assorted Fruit - ½ cup
Milk

Bagel with **27**
String Cheese Stick and
Peanut Butter
Cucumber Coins, ½ cup
Assorted Fruit , ½ cup
Milk

Green Lettuce Salad **28**
Chicken Fajita
Dinner Roll
Chick Pea Salad -1/2 cup
Assorted Fruit, ½ cup
Milk

Nut Butter **29**
Jelly Sandwich
Carrot Sticks, ½ cup
Fresh Broccoli, ½ cup
Assorted Fruit, ½ cup
Milk

Turkey Ham **30**
& Cheese on a Roll w/Lettuce,
Tomato & Pickle Chips
Sweet Potato Fries, ½ cup
Fresh Fruit, ½ cup
Choice of Milk

Hummus with Pita **31**
Carrot Sticks, ½ cup
Fruit Cup, ½ cup
Milk



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Available Daily

Peanut Butter or Sun Butter & Jelly Sandwiches

American Cheese Sandwiches (Mayo/Mustard)

A side salad (1/2 cup) of leafy dark green vegetable is offered daily.

½ cup Fresh Fruit options will be offered daily

Select a fruit AND/OR vegetable with your sandwich