

SERVING SIZES

Grains – 2 ounces
 Vegetables – ½ cup
 Fruits – ½ cup
 Protein – 3 ounces
 Dairy – 1 cup

May 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Vanilla yogurt Scrambled eggs Bacon & sausage Home fries Banana bread Ham, egg & cheese on Bagel</p>	<p>3 Kale & bean soup Tossed salad Baked rigatoni w/meatballs & sausage Garlic bread Fruit Chicken salad on Whole wheat</p>	<p>4 Greek cucumber salad Sloppy joe Whole wheat roll Roasted vegetable salad Cookie Egg salad on w Wheat</p>	<p>5 Italian wedding soup Stuffed breast of chicken w/gravy Delmonico potatoes Roasted green beans & carrots Cup cake Turkey on rye bread</p>	<p>6 Tomato soup Beef casserole over cheesy Buttered pasta Mixed vegetable Sliced pears Roll Seafood salad on wheat roll</p>
<p>9 Fruit cup Marinated grilled chicken Rice pilaf (brown) Green beans Roll / Cookie Egg salad on rye</p>	<p>10 Black bean & couscous salad Meatball sandwich Roasted zucchini & carrot Apple slices Multi grain roll Chicken salad on wheat roll</p>	<p>11 Chicken soup Chicken scallopini Mashed garlic potatoes Sliced carrots w. wheat roll - Fruit Turkey on rye bread</p>	<p>12 Tomato soup Ground beef patty w/mushroom and onion gravy Peas & carrots Sliced peaches / roll Ham & cheese on ww bread</p>	<p>13 Caesar salad American chop suey Roasted zucchini Garlic bread Oatmeal cookie Salami ham & cheese/ w roll</p>
<p>16 Chopped salad Pub burger w/cheese Cole slaw Whole wheat roll Cookie Ham & Swiss/whole wheat</p>	<p>17 Navy bean soup Chicken Vesuvio /w Potato, mushrooms & peas W. Wheat roll Pudding Corned beef on rye</p>	<p>18 Beet salad Swedish meatballs Mashed potatoes Sliced carrots multi grain bread/ sliced fruit Salami & cheese on wheat roll</p>	<p>19 Chicken soup Pork roast w/ gravy Sweet potato Sliced carrots Yellow cake Rye bread Turkey on Multi grain bread</p>	<p>20 Greek salad Sausage & pepper sandwich Wheat roll Italian green beans Sliced pears Seafood salad on whole wheat</p>
<p>23 Vegetable soup Breaded chicken w/gravy Sweet potatoes Wax beans Multi grain roll - pudding Egg salad on multi grain roll</p>	<p>24 Lentil soup Eggplant Bolognese Rice pilaf Roasted carrot & zucchini Fruit Turkey on multi grain</p>	<p>25 Greek cucumber salad Chicken cacciatore Smashed potatoes Garlic bread Fruit Chicken sandwich on ww roll</p>	<p>26 Minestrone Soup Pot roast w/gravy Mixed vegetables Mashed potatoes Oatmeal cookie Corned beef on Rye bread</p>	<p>27 Black bean & couscous salad French onion baked chicken Roasted potatoes Mixed vegetables / garlic bread Pudding Seafood salad on multi grain</p>
<p>30 Tomato soup Rosemary chicken leg quarter Wax beans Mashed potato Marble bread/sliced fruit Chicken sandwich on ww roll</p>	<p>31 Onion soup w/cROUTONS Balsamic pork loin Roasted green beans & carrots Roasted smashed potatoes Ww roll Cake Turkey ww wrap</p>			

		Biscuit – whole wheat Cookie Seafood salad on w.w.roll	
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