



**STOP**  
think about eating a smaller portion  
**FLOW**  
balance your meal with green choices  
**GO**  
eat all you want!

Monday	Tuesday	Wednesday	Thursday	Friday
<p>5</p> <p>Cinco de Mayo</p> <ul style="list-style-type: none"> <li>● Chips &amp; Queso</li> <li>● Creamy Green Chile Soup</li> <li>● Roasted Corn, Jicama &amp; Mango Salad</li> <li>● Pimento Cheese</li> <li>● Nacho Bar</li> <li>● Spanish Rice</li> <li>● Refried Beans</li> <li>● Grilled Zucchini</li> <li>● Bean &amp; Cheese Burritos</li> <li>● Assorted Fresh Fruit</li> <li>● Mexican Flan</li> </ul>	<p>6</p> <ul style="list-style-type: none"> <li>● Breakfast Tacos</li> <li>● French Onion Soup</li> <li>● Cole Slaw</li> <li>● Ham Skroodle Pasta</li> <li>● Eggplant Parmesan</li> <li>● Spaghetti w/ Meatballs</li> <li>● Marinara Sauce</li> <li>● Sautéed Green Beans</li> <li>● Caesar Salad Wraps</li> <li>● Assorted Fresh Fruit</li> <li>● Pound Cake</li> </ul>	<p>7</p> <ul style="list-style-type: none"> <li>● Carrot Sticks w/ Ranch</li> <li>● Meatball Soup</li> <li>● Chicken Pesto Salad</li> <li>● Egg Salad</li> <li>● Tortilla Crusted Salmon w/ Fire Roasted Salsa</li> <li>● Mushroom Pilaf</li> <li>● Baked Corn Dogs</li> <li>● Garden Pasta</li> <li>● Steamed Broccoli</li> <li>● Assorted Fresh Fruit</li> <li>● Ice Cream</li> </ul>	<p>8</p> <ul style="list-style-type: none"> <li>● Spinach &amp; Artichoke Dip w/ Baked Pita Chips</li> <li>● Mary's Potato Soup</li> <li>● Caesar Salad</li> <li>● Ham Skroodle Pasta</li> <li>● Roasted Herb Chicken</li> <li>● Cranberry Sauce</li> <li>● SAGE Dressing</li> <li>● Sweet Potato Casserole</li> <li>● Caesar Salad Wraps</li> <li>● Garlic Green Beans</li> <li>● Assorted Fresh Fruit</li> <li>● Yogurt w/ Fruit</li> </ul>	<p>9</p> <ul style="list-style-type: none"> <li>● Baked Cookies</li> <li>● Vegetable Soup</li> <li>● Corn Salad</li> <li>● Tabbouleh</li> <li>● Stuffed Bell Peppers</li> <li>● Steamed Brown Rice</li> <li>● Tilapia w/ Lemon Dill Sauce</li> <li>● Steamed Broccoli</li> <li>● Chicken Patty Sandwich</li> <li>● Assorted Fresh Fruit</li> <li>● Chocolate Chip Cookie</li> </ul>
<p>12</p> <ul style="list-style-type: none"> <li>● Gold Fish &amp; Juice</li> <li>● Tomato Basil Soup</li> <li>● Mixed Spinach Pesto</li> <li>● Mushroom Wild Rice</li> <li>● Grilled Cheese on Wheat</li> <li>● Caesar Salad</li> <li>● Stuffed Mushrooms</li> <li>● Garlic Green Beans</li> <li>● Baked Chicken</li> <li>● Assorted Fresh Fruit</li> <li>● Warm Cherry Cobbler</li> </ul>	<p>13</p> <ul style="list-style-type: none"> <li>● Banana Bar</li> <li>● Red Pepper Bisque</li> <li>● Peaches &amp; Cottage Cheese</li> <li>● Pimento Salad</li> <li>● Turkey Hot Dogs</li> <li>● Stuffed Tomatoes w/ Cous Cous</li> <li>● German Bratwurst</li> <li>● Sautéed Peas &amp; Onions</li> <li>● Assorted Fresh Fruit</li> <li>● Zucchini Bread</li> </ul>	<p>14</p> <ul style="list-style-type: none"> <li>● Bagels w/ Cream Cheese</li> <li>● Cream of Broccoli Cheddar</li> <li>● Shrimp &amp; Orzo Pasta</li> <li>● Chicken Salad</li> <li>● Chicken Fingers</li> <li>● Garlic Mashed Potatoes</li> <li>● White Gravy</li> <li>● Broccoli &amp; Rice Casserole</li> <li>● Wheat Roll</li> <li>● Assorted Fresh Fruit</li> <li>● Strawberry Shortcake</li> </ul>	<p>15</p> <ul style="list-style-type: none"> <li>● Breakfast Tacos</li> <li>● Cream of Asparagus</li> <li>● Cole Slaw</li> <li>● Potato Salad</li> <li>● Baked Potato Bar</li> <li>● Oven Glazed Broccoli</li> <li>● Caramelized Onions</li> <li>● Grilled Hamburgers</li> <li>● Assorted Fresh Fruit</li> <li>● Fudge Brownies</li> </ul>	<p>16</p> <ul style="list-style-type: none"> <li>● Orange Slices</li> <li>● Chicken &amp; Rice Soup</li> <li>● Mixed Baby Greens</li> <li>● Paul's Spicy Pimento Cheese</li> <li>● Black &amp; Bleu Wraps</li> <li>● Seasoned Squash</li> <li>● Pasta Prima Vera</li> <li>● Mangia! Mangia! Pizza Bar</li> <li>● Assorted Fresh Fruit</li> <li>● Rice Crispy Treat</li> </ul>
<p>19</p> <ul style="list-style-type: none"> <li>● Baked Pita Chips &amp; Hummus</li> <li>● Beef Barley Soup</li> <li>● Greek Salad</li> <li>● Hummus</li> <li>● Bow Tie Pasta W/ Veggie Pesto</li> <li>● "Mock" Garlic Mashed Potatoes</li> <li>● Sautéed Spinach</li> <li>● Meatloaf</li> <li>● Brown Gravy</li> <li>● Assorted Fresh Fruit</li> <li>● Yogurt w/ Fruit</li> </ul>	<p>20</p> <ul style="list-style-type: none"> <li>● Breakfast Muffins</li> <li>● Potato &amp; Leek Soup</li> <li>● Green Bean &amp; Potato Salad</li> <li>● Chicken Salad</li> <li>● Chicken Provolone</li> <li>● Grilled Herbed Fish</li> <li>● Sautéed Asparagus</li> <li>● Wild Risotto</li> <li>● Caesar Salad</li> <li>● Assorted Fresh Fruit</li> <li>● Warm Apple Crisp</li> </ul>	<p>21</p> <ul style="list-style-type: none"> <li>● Assorted Scones</li> <li>● Chicken Noodle Soup</li> <li>● Cold Macaroni &amp; Tuna Salad</li> <li>● Potato Salad</li> <li>● Italian Grilled Chicken</li> <li>● Broccoli Fettuccine Alfredo</li> <li>● Grilled Zucchini &amp; Peppers</li> <li>● Veggie Wraps</li> <li>● Italian BBQ Shrimp</li> <li>● Assorted Fresh Fruit</li> <li>● Oreo Cookie Cake</li> </ul>	<p>22</p> <ul style="list-style-type: none"> <li>● Hot Scones</li> <li>● Egg Drop Soup</li> <li>● Japanese Salad</li> <li>● Cold Apple Salad</li> <li>● Vegetable Stir-fry</li> <li>● Steamed Rice</li> <li>● Mini Veggie Egg Roll</li> <li>● Gen Tsos Chicken</li> <li>● Lettuce Wraps</li> <li>● Assorted Fresh Fruit</li> <li>● Fortune Cookies</li> </ul>	<p>23</p> <ul style="list-style-type: none"> <li>● Snack Mix</li> <li>● Mexican Corn Soup</li> <li>● Corn, Sweet Onion, and Tomato Salad</li> <li>● Layered Mexican Salad</li> <li>● Spinach &amp; Cheese Casserole</li> <li>● Fajita Bar</li> <li>● Mexican Confetti Rice</li> <li>● Charro Beans</li> <li>● Assorted Fresh Fruit</li> <li>● Warm Bread Pudding</li> </ul>
<p>26</p> <p>No School</p> <p>Memorial Day</p>	<p>27</p> <ul style="list-style-type: none"> <li>● Banana Bar</li> <li>● Roasted Pepper Soup</li> <li>● Seven Vegetable Salad</li> <li>● Hummus</li> <li>● Lemon Pepper Chicken</li> <li>● Garlic Mashed Potatoes</li> <li>● Wheat Rolls</li> <li>● Steamed Okra</li> <li>● Baked Manicotti</li> <li>● Marinara Sauce</li> <li>● Assorted Fresh Fruit</li> <li>● Dessert of the Day</li> </ul>	<p>28</p> <ul style="list-style-type: none"> <li>● Snack Mix</li> <li>● Loaded Potato Soup</li> <li>● Mixed Baby Greens</li> <li>● Avocado &amp; Sweet Corn Salad</li> <li>● Greek Pitas</li> <li>● Seasoned Squash</li> <li>● Garden Rotini Pasta Prima Vera</li> <li>● Mangia! Mangia! Pizza Topping Bar</li> <li>● Assorted Fresh Fruit</li> <li>● Rice Crispy Treat</li> </ul>		

NOTE: All lunches include a variety of beverages. The deli always includes ham, turkey, and tuna salad. Salad Bar includes a variety of salads, toppings, and six regular & low-calorie dressings. The appropriate starch and vegetable will accompany at least two entrees daily.