

Hot Lunch Menu

MAY 2024



Monday	Tuesday	Wednesday	Thursday	Friday
<p>APRIL 29</p> <p>Beef Totchos (Tater Tots Nachos), Whole wheat crackers, Cheesy Green Pea. Apple, 1% milk/choc milk***</p>	<p>APRIL 30</p> <p>Chicken Carnitas, Enriched White Rice, Corn and red pepper, Clementine, 1% milk/choc milk***</p>	<p>1</p> <p>Peruvian Chicken with Enriched white rice and quinoa carrot, corn. Orange, 1% milk/choc milk</p>	<p>2</p> <p>Creole Chicken, lima bean Brown rice, green beans. Apple, 1% milk/choc milk***</p>	<p>3</p> <p>Pizza day!!! Mixed Veggies, 1% milk/choc milk***</p>
<p>6</p> <p>Chicken Nuggets, with Washed Potatoes, MW Dinner Roll and Carrots. Apple, 1% milk/choc milk***</p>	<p>7</p> <p>W.W. Penne pasta with Beef meatballs, Marinara Sauce, broccoli Clementine, 1% milk/choc milk***</p>	<p>8</p> <p>Brazilian Grilled Chicken, Brazilian enriched w. rice (pea, corn, carrots, raisin) And Green Beans, Orange 1% milk/choc milk***</p>	<p>9</p> <p>Jerk Chicken, Pigeon enriched rice, Refried beans Plantains, Apple, 1% milk/choc milk***</p>	<p>10</p> <p>Pizza day!!! Mixed Veggies, 1% milk/choc milk***</p>
<p>13</p> <p>Breakfast For Lunch!!! Pancakes, Tater tots, Sausage and Carrots. Apple 1% milk/choc milk***</p>	<p>14</p> <p>Lemon Roasted Chicken, Cilantro Brown rice, Corn Clementine, 1% milk/choc milk***</p>	<p>15</p> <p>BBQ Grilled Chicken, baked sweet potato and red potato, lemon broccoli and dinner roll Orange, 1% milk/choc milk***</p>	<p>16</p> <p>Teriyaki Chicken, Rice Noodle Mixed Veggies, Apple, 1% milk/choc milk***</p>	<p>17</p> <p>Beef Totchos (Tater Tots Nachos), Whole wheat crackers, Cheesy Green Pea. 1% milk/choc milk***</p>
<p>20</p> <p>Hot Dog Day!!!! Beef Sausage, Whole wheat Sub, potato tots, and Roasted Carrots, Apple, 1% milk/choc milk***</p>	<p>21</p> <p>Ranch Chicken with Enriched Whole Wheat Pasta and Broccoli, Clementine, 1% milk/choc milk***</p>	<p>22</p> <p>Turkey Fajitas Quesadilla, Whole Wheat Tortilla, Corn. Orange, 1% milk/choc milk***</p>	<p>23</p> <p>Dominican chicken, Enriched Spanish Rice, Green Beans. Apple, 1% milk/choc milk***</p>	<p>24</p> <p>Pizza day!!! Mixed Veggies, 1% milk/choc milk***</p>
<p>27</p> <p>Chicken soft Taco, Whole Wheat Tortilla and Carrots, Apple, 1% milk/choc milk***</p>	<p>28</p> <p>Chicken Carnitas, Enriched White Rice, Corn and red pepper, Clementine, 1% milk/choc milk***</p>	<p>29</p> <p>Black Beans, Enriched White Rice, Green Beans Orange, 1% milk/choc milk***</p>	<p>30</p> <p>Chicken Alfredo Enriched Pasta, Broccoli, Apple, 1% milk/choc milk***</p>	<p>31</p> <p>Pizza day!!! Baby Carrots, 1% milk/choc milk</p>

***Pre-K kids can only have 1% Milk according to DESE regulations.

Cold Lunch MAY2024

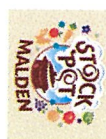


Monday	Tuesday	Wednesday	Thursday	Friday
<p>APRIL 29</p> <p>Spicy Lemon Hummus, WW Pita Bread and Garden Salad, Apple, 1% milk/choc milk***</p>	<p>APRIL 30</p> <p>Salvadorian Chicken sandwich Chicken, Cabbage, Carrots, w.. bread, Clementine, 1% milk/choc milk*** Contains: Mayo</p>	<p>1</p> <p>Jerk chicken salad with Italian dressing, lettuce, cabbage, carrots, whole wheat dinner roll, Orange, and 1% milk/choc milk</p>	<p>2</p> <p>Chicken Chipotle wrap: chicken, lettuce, baby carrots, whole-wheat tortilla, dressing Apple, 1% milk/choc milk***</p>	<p>3</p> <p>Fiesta salad: Boiled eggs, Black beans, tomato, carrots, whole-wheat- dinner rolls, Italian dressing. Banana, 1 % milk/ choc milk</p>
<p>6</p> <p>Farm salad: Boiled eggs, lettuce, tomato, carrots, whole- wheat- dinner rolls, Italian dressing, Apple, 1% milk/choc milk***.</p>	<p>7</p> <p>Grilled Peruvian Chopped Chicken salad: lettuce, corn, cherry, black beans, whole wheat tortilla Clementine, 1% milk/choc milk***.</p>	<p>8</p> <p>Lemon chicken wrap, Whole Wheat Tortilla, Chicken breast, Mixed Veggie potato salad, Orange, 1% milk/choc milk***, Contains: Mayo</p>	<p>9</p> <p>Chicken Cobb Salad with garden salad: Lettuce, carrots, cherry tomato, WW Dinner Roll, Ranch Dressing Apple, 1% milk/choc milk***</p>	<p>10</p> <p>Smoke-grilled BBQ chicken sandwich: Smoked grilled chicken, lettuce, tomatoes, whole-wheat roll Banana, 1% milk/ choc milk***.</p>
<p>13</p> <p>Smoke Grilled Chicken sandwich, Whole wheat Bun, Coleslaw, Apple, 1% milk/choc milk***, Contains: Mayo</p>	<p>14</p> <p>DEli Turkey Wrap Lettuce Carrots, whole wheat tortilla flour, honey mustard Clementine, 1% milk/choc milk***</p>	<p>15</p> <p>Pimento Cheese sandwich, spinach, lettuce tomato, W.W.Bread, Orange, 1% milk/choc milk***</p>	<p>16</p> <p>Grilled chicken with whole wheat pasta salad, corn Spinach, orange dressing, Apple, 1% milk/choc milk***.</p>	<p>17</p> <p>Mediterranean Salad Lettuce, tomato, chickpea, bell peppers, cucumber, Mini pita breads, Balsamic Vinaigrette, Banana, 1% milk/ choc milk***</p>
<p>20</p> <p>Farm salad: Boiled eggs, lettuce, tomato, celery, carrots, whole-wheat- dinner rolls, Italian dressing Apple, 1% milk/choc milk***.</p>	<p>21</p> <p>Grilled Chicken salad, apple, broccoli slaw, carrots, lettuce, Pumpkin seed , French Dressing, Clementine, 1% milk/choc milk***</p>	<p>22</p> <p>Sunflower Butter and Jelly on a Whole Wheat Bread Sandwich with Baby Carrots, Orange, 1% milk/choc milk***</p>	<p>23</p> <p>Chicken Caesar salad: Grilled chicken, lettuce, cherry tomatoes, whole-wheat dinner roll, & Caesar Dressing, Apple, 1% milk/choc milk***.</p>	<p>24</p> <p>Taco salad, black beans, chickpea, corn, cherry tomato, lettuce, WW tortilla chip, 100 island dressing. Banana, 1% milk/ choc milk***</p>
<p>27</p> <p>Spicy Lemon Hummus, WW Pita Bread and Garden Salad, Apple, 1% milk/choc milk***</p>	<p>28</p> <p>Salvadorian Chicken sandwich Chicken, Cabbage, Carrots, w.. bread, Clementine, 1% milk/choc milk*** Contains: Mayo</p>	<p>29</p> <p>Egg Salad Sandwich: WW Bread, lettuce, Baby Carrots, Tomato Orange, 1% milk/choc milk***.</p>	<p>30</p> <p>Turkey deli with Cheddar Cheese Sandwich: WW Bread, Cheddar Cheese, Grape Tomato, Cucumber, Baby Carrots, Apple, 1% milk/choc milk***</p>	<p>31</p> <p>Farm salad: Boiled eggs, lettuce, tomato, celery, carrots, whole-wheat- dinner rolls, Italian dressing. Banana, 1% milk/ choc milk</p>

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HOT BREAKFAST

MAY 2024



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Blueberry Waffle With Maple Syrup Orange, 1% milk/choc milk***</p>	<p>Breakfast Combo, (Whole Wheat Tortilla) (DF) Apple, 1% milk/choc milk***</p>	<p>Egg & Cheese Croissant Sandwich Combo, (Whole Wheat Tortilla) (DF) Clementine, 1% milk/choc milk***</p>	<p>English Muffin with Turkey Sausage, Cheese. Banana, 1% milk/choc milk***</p>	<p>Whole Wheat Fournalia Omelet, Apple, 1% milk/choc milk***</p>
<p>Pancake Whole Wheat with Maple Syrup, Orange, 1% milk/choc milk***</p>	<p>French Toast Sticks With Maple Syrup Apple, 1% milk/choc milk***</p>	<p>Frittata: Turkey Bacon and Cheese, (DF) Clementine, 1% milk/choc milk***</p>	<p>Bagel with Cream Cheese Banana, 1% milk/choc milk***</p>	<p>Eggs patty, Ranchero sauce/whole wheat Bread Apple, 1% milk/choc milk***</p>
<p>Pancakes with Maple Syrup Orange, 1% milk/choc milk***</p>	<p>Breakfast Burrito, Eggs, mozzarella cheese. (Whole Wheat Tortilla) (DF) Apple, 1% milk/choc milk***</p>	<p>Scrambled eggs, Whole wheat toast Clementine, 1% milk/choc milk***</p>	<p>Fried egg topping w/ranchera sauce, whole wheat toast, Banana, 1% milk/choc milk***</p>	<p>Turkey Sausage, Cheddar cheese quesadilla (Whole Wheat) Apple, 1% milk/choc milk***</p>
<p>Pancakes With Maple Syrup Orange, 1% milk/choc milk***</p>	<p>Egg & Cheese Croissant Sandwich, Apple, 1% milk/choc milk***</p>	<p>Scrambled eggs, Whole wheat toast Clementine, 1% milk/choc milk***</p>	<p>English Muffin with Turkey Sausage, cheese Banana, 1% milk/choc milk***</p>	<p>Bagel with Cream Cheese Banana, 1% milk/choc milk***</p>
<p>Blueberry Waffle With Maple Syrup Orange, 1% milk/choc milk***</p>	<p>Breakfast Combo, (Whole Wheat Tortilla) (DF) Apple, 1% milk/choc milk***</p>	<p>Scrambled Eggs, Turkey links, (DF) Clementine, 1% milk/choc milk***</p>	<p>Bagel with Cream Cheese Banana, 1% milk/choc milk***</p>	<p>Pancakes with maple syrup, Apple, 1% milk/choc milk</p>

Cold Breakfast

MAY 2024



Monday	Tuesday	Wednesday	Thursday	Friday
APRIL 29 Apple Cinnamon Cheerios Cereal, Orange, 1% milk/choc milk****	APRIL 30 Cocoa Puffs Cereal Apple, and 1% milk/choc milk****	1 Apple Cinnamon Cheerios Cereal, Clementine, and 1% milk/choc milk	2 Honey Cheerios Cereal Banana, 1% milk/choc milk****	3 Chocolate Chip Muffin, Apple, 1% milk/choc milk****
6 Blueberry Chex Cereal, Orange, 1% milk/choc milk****	7 Apple Cinnamon Cheerios Cereal Apple, 1% milk/choc milk****	8 Cocoa Puffs Cereal, Clementine, 1% milk/choc milk****	9 Blueberry muffin, Banana, 1% milk/choc milk****	10 Cinnamon Toast Cereal, Apple, 1% milk/choc milk****
13 Cocoa Puffs Cereal, Orange, and 1% milk/choc milk****	14 Chocolate Chip Muffin, Apple, 1% milk/choc milk****	15 Blueberry Chex Cereal, Clementine, 1% milk/choc milk****	16 Cinnamon Toast Cereal, Banana, 1% milk/choc milk****	17 Cinnamon Toast Cereal, Apple, 1% milk/choc milk****
20 Cocoa Puffs Cereal, Orange, 1% milk/choc milk****	21 Blueberry Chex Cereal, Apple, 1% milk/choc milk****	22 Pop Tart, strawberry Frosted, 1 mozzarella stick, Clementine, 1% milk/choc milk****	23 Cocoa Puffs Cereal Banana, 1% milk/choc milk****	24 Cinnamon Toast Cereal, Apple, 1% milk/choc milk****
27 Apple Cinnamon Cheerios Cereal, Orange, 1% milk/choc milk****	28 Cocoa Puffs Cereal Apple, and 1% milk/choc milk****	29 Cocoa Puffs Cereal, Clementine, 1% milk/choc milk****	30 Blueberry Chex Cereal Banana, 1% milk/choc milk****	31 Blueberry muffin, Apple, 1% milk/choc milk

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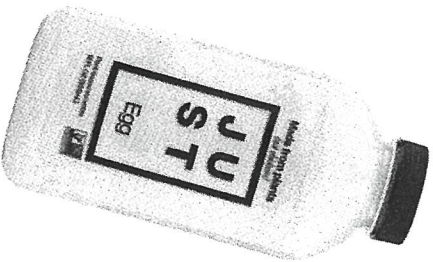
DAIRY-FREE EGG-FREE BREAKFAST MAY 2024

Monday	Tuesday	Wednesday	Thursday	Friday
APRIL 29 & MAY 13, 27 Whole Wheat Bagel with Jelly (assorted flavors), Orange, Dairy/Lactose-Free Milk	APRIL 30 & MAY 14, 28 Egg** Burrito with Salsa (Whole Wheat), Apple, Dairy/Lactose-Free Milk	MAY 1, 15, 29 Dairy-Free Cereal, Clementine, Dairy/Lactose-Free Milk	MAY 2, 16, 30 Turkey Sausage in a Whole Wheat Bagel Sandwich, Dairy/Lactose-Free Milk	MAY 3, 17, 31 Dairy-Free Cereal, Apple, Dairy/Lactose-Free Milk
MAY 6, 20 Breakfast Burrito (Whole Wheat Tortilla) with turkey sausage, (DF), Orange, Dairy/Lactose-Free Milk	MAY 7, 21 Dairy-Free Cereal, Apple, Dairy/Lactose-Free Milk	MAY 8, 22 Hash Brown, Scrambled Eggs** with turkey, (DF) Clementine, Dairy/Lactose-Free Milk	MAY 9, 23 Dairy-Free Cereal Dairy/Lactose-Free Milk	MAY 10, 24 Egg** in a Whole Wheat Bagel Sandwich, Apple, Dairy/Lactose-Free Milk

Dairy-Free Cereal Options to be sent are:

- Cinnamon Toast
- Trix
- Cheerios

**Plant Based Egg Substitute, Ingredients will be listed on the daily menus.



Vegetarian Menu

MAY 2024



Monday	Tuesday	Wednesday	Thursday	Friday
<p>APRIL 29</p> <p>Vegan Beef Totchos (Tater tots Nachos), W.W.Crackers, green pea. Apple 1% milk/choc milk***</p>	<p>APRIL 30</p> <p>Vegan Base cornitos, Enriched White Rice, And corn and red pepper. Clementine. 1% milk/choc milk***</p>	<p>Black Beans, Enriched Corn of quinoa Rice, and Corn, Orange 1% milk/choc milk</p>	<p>1</p> <p>Vegan creole Chicken with Lima bean brown Rice, and Corn, Apple, 1% milk/choc milk***</p>	<p>2</p> <p>Pizza day! Pita dough, Vegan cheese, Mixed Veggies, Banana, 1% milk/choc milk***</p>
<p>6</p> <p>Leggie Chicken Nuggets, Ashed Potatoes, NW Dinner Roll and Carrots, Apple, 1% milk/choc milk***</p>	<p>7</p> <p>W.W.Penne Pasta with Falafel balls , broccoli, marinara sauce, Clementine, 1% milk/choc milk***</p>	<p>8</p> <p>Boiled Hard Egg in tomato sauce, Brazilian Enriched rice (pea , corn , carrots, raisin) green beans Orange, 1% milk/choc milk***</p>	<p>9</p> <p>Jerk Vegan Chicken, pigeon Enriched rice, refried bean, plantains Apple, 1% milk/choc milk***</p>	<p>10</p> <p>Pizza Day! Pita Dough, Vegan Cheese, Mixed Veggies, Banana 1% milk/choc milk***.</p>
<p>13</p> <p>Breakfast for Lunch!!! pancakes with a Cheese stick, Apple, 1% milk/choc milk***</p>	<p>14</p> <p>Lemon Chicken, Cilantro brown rice, corn . Clementine, 1% milk/choc milk***.</p>	<p>15</p> <p>Hard Boiled Egg, Baked potatoes(Sweet and White) lemon broccoli w/ W.W. dinner roll, Orange 1% milk/choc milk***</p>	<p>16</p> <p>Teriyaki Chicken, Rice Noodle, mixed veggies, Apple, 1% milk/choc milk***</p>	<p>17</p> <p>Vegan Beef totchos (Tater tots Nachos), W.W.Crackers, green pea, Banana 1% milk/choc milk***</p>
<p>20</p> <p>Koi Dog Day!!!! Vegan sausage, W.W.sub water/lot's carrots, Apple, 1% milk/choc milk***</p>	<p>21</p> <p>Vegan ranch chicken, Enriched Whole Wheat Pasta, And broccoli Clementine, 1% milk/choc milk***</p>	<p>22</p> <p>Refried beans and cheese Quesadilla, w.w. Tortilla, corn Orange, 1% milk/choc milk***</p>	<p>23</p> <p>Baked Cheese stick, enriched spanish rice, green beans. Apple, 1% milk/choc milk***</p>	<p>24</p> <p>Pizza Day! Pita Dough, Vegan Cheese, Mixed Veggies, Banana 1% milk/choc milk***.</p>
<p>27</p> <p>Black Beans and Cheese Tacos, corn. Apple 1% milk/choc milk***</p>	<p>28</p> <p>Vegan Base cornitos Enriched White Rice, And corn and red pepper/Clementine 1% milk/choc milk***</p>	<p>29</p> <p>Black Beans, Enriched White Rice, and Green Beans, Orange, 1% milk/choc milk***</p>	<p>30</p> <p>Alfredo Enriched pasta, Broccoli, Apple, 1% milk/choc milk***.</p>	<p>31</p> <p>Pizza day! Pita dough, Vegan cheese, Baby Carrots, Fruit Banana, 1% milk/choc milk</p>

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Dairy Free Menu MAY2024



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Beef Totchos (Tater Tots Nachos), Whole wheat crackers, Cheesy Green Pea, Apple, Dairy//Lactose Free Milk</p> <p>APRIL 29</p>	<p>Chicken Carnitas, Enriched White Rice, Corn and red pepper , Clementine, Dairy//Lactose Free Milk</p> <p>APRIL 30</p>	<p>Peruvian Chicken with Enriched white rice and quinoa carrot , corn, Orange, Dairy//Lactose Free Milk</p> <p>1</p>	<p>Creole Chicken, lima bean Brown rice, green beans, Apple, Dairy//Lactose Free Milk</p> <p>2</p>	<p>Pizza day!!! Mixed Veggies, Dairy//Lactose Free Milk</p> <p>3</p>
<p>Chicken Nuggets, with Mashed Potatoes, WW Dinner Roll and Carrots, Apple, Dairy//Lactose Free Milk</p> <p>6</p>	<p>W.W. Penne pasta with Beef meatballs, Marinara Sauce, broccoli Clementine, Dairy//Lactose Free Milk</p> <p>7</p>	<p>Brazilian Grilled Chicken, Brazilian enriched w. rice(pea,corn, carrots, raisin) And Green Beans,Orange Dairy//Lactose Free Milk</p> <p>8</p>	<p>Jerk Chicken, Pigeon enriched rice, Refried beans Plantains,Apple, Dairy//Lactose Free Milk</p> <p>9</p>	<p>Pizza day!!! Mixed Veggies, Dairy//Lactose Free Milk</p> <p>10</p>
<p>Breakfast For Lunch!!! Pancakes, Tater tots, Sausage and Carrots. Apple Dairy//Lactose Free Milk</p> <p>13</p>	<p>Lemon Roasted Chicken, Cilantro Brown rice, Corn Clementine, Dairy//Lactose Free Milk</p> <p>14</p>	<p>BBQ Grilled Chicken, baked sweet potato and red potato, lemon broccoli and dinner roll Orange, Dairy//Lactose Free Milk</p> <p>15</p>	<p>Teriyaki Chicken, Rice Noodle Mixed Veggies, Apple, Dairy//Lactose Free Milk</p> <p>16</p>	<p>Beef Totchos (Tater Tots Nachos), Whole wheat crackers, Cheesy Green Pea. Dairy//Lactose Free Milk</p> <p>17</p>
<p>Hot Dog Day!!!! Beef Sausage, Whole wheat Sub, potato tots, and Roasted Carrots, Apple, Dairy//Lactose Free Milk</p> <p>20</p>	<p>Ranch Chicken with Enriched Whole Wheat Pasta and Broccoli, Clementine, Dairy//Lactose Free Milk</p> <p>21</p>	<p>Turkey Fajitas Quesadilla, Whole Wheat Tortilla, Corn, Orange, Dairy//Lactose Free Milk</p> <p>22</p>	<p>Dominican chicken, Enriched Spanish Rice, Green Beans,Apple, Dairy//Lactose Free Milk</p> <p>23</p>	<p>Pizza day!!! Mixed Veggies, Dairy//Lactose Free Milk</p> <p>24</p>
<p>Chicken soft Taco , Whole Wheat Tortilla and Carrots, Apple, Dairy//Lactose Free Milk</p> <p>27</p>	<p>Chicken Carnitas, Enriched White Rice, Corn and red pepper , Clementine, Dairy//Lactose Free Milk</p> <p>28</p>	<p>Black Beans, Enriched White Rice, Green Beans Orange, Dairy//Lactose Free Milk</p> <p>29</p>	<p>Chicken Alfredo Enriched Pasta, Broccoli, Apple, Dairy//Lactose Free Milk</p> <p>30</p>	<p>Pizza day!!! Baby Carrots, Dairy//Lactose Free Milk</p> <p>31</p>

SPECIAL REQUESTS MENU MAY 2024



Please Make Sure that the Replacement is for the Same Lunch Type

Hot Lunch Option 1	Hot Lunch Option 2	Hot Lunch Option 3
Beef Meatball sub Whole Wheat sub, Corn/Broccoli, Fresh Fruit 1% Milk/Choc Milk***	Chicken quesadilla, whole wheat tortilla, Corn Fresh Fruit 1% Milk/Choc Milk***	Chicken Nuggets, Roasted Carrots, Enriched White Rice Fresh Fruit 1% Milk/Choc Milk***

Cold Lunch Option 1	Cold Lunch Option 2
Cold Lunch: Turkey Sandwich, Cheddar Cheese, WW Bread & Garden Salad, Fresh Fruit 1% Milk/Choc Milk***	Vegetarian Option: Sunflower Butter and Jelly Sandwich, Chickpeas, and Salad Fresh Fruit 1% Milk/Choc Milk***

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How to implement these options into your menu?

- If there's a meal on a certain day that the kids do not find very appetizing feel free to enter which option meal you'd like to replace it with under the Special Requests Section!
- The fruit sent will be assigned depending on the day you decide when to implement a substitute meal from the options above!
- These meal substitutes can be used to replace meals from the Hot Lunch Menu only and do not apply for meals from the Breakfasts Menus or Cold/Vegetarian/Dairy-Free Menus.
- Meal options cannot be mixed, one meal substitute per day.
- Fresh Fruit = FRUIT OF THE DAY

Any further questions please feel free to reach out and let me know!