

Middle/Jr May Menu 2021

C:\Users\buras\Downloads\COPY of Base Menu 2021 may.xlsx\May

			Monday	Tuesday	Wednesday	Thursday	Friday	
Week 1	Daily Require	Weekly Require	3	4	5	6	7	
Meat/MA	1 M/MA (Min.)	9 -10 M/MA	Chicken Tender 2m/ma	Frito Pie Chili w beans	Breezy Beef Mac	fried Chicken	Grilled Chicken Patty	
Veg Option								
Fruit	1/2c	2 1/2cup	Can Pears	Apple	Fruit Mix CN	Cranberries Dried In Portion	Banana	
Veggie (G) Veggie (R/O) Veg. (S) Veg. (O)	3/4c	1/2c (min) 3/4c (min) 1/2c 1/2c	Salad Mashed Potato w Cheese	Carrots	Beans Green	Potato Salad Coleslaw	Green lettuce 1/4c Fries	
Legume (B)		1/2c						
WG Bread (W) Bread	1 B/G (Min.)	8-10 B/G	Roll	Frito Corn Chip Bread sticks	ROLL	Roll	purchased Bun	
Milk	8oz							
Extras					Brownie			
Week 2	Daily Require	Weekly Require	10 Main Menu	11 Main Menu	12 Main Menu	13 Main Menu	14 Both Lines	
Meat/MA	1 M/MA (Min.)	9 -10 M/MA	Chicken Tender cheese	Gumbo 2oz	Quesadilla	CHICKEN Tender	Ham S/W FIELD DAY	
Veg Option								
Fruit	1/2c	2 1/2cup	Fruit	fruit	fruit	fruit	Fruit	
Veggie (G) Veggie (R/O) Veg. (S) Veg. (O)	3/4c	1/2c (min) 3/4c (min) 1/2c 1/2c	Carrots raw 1/4c Baked potato/sweet potato	Squash 1/4c	Lettuce Salsa	Lettuce Carrots Fries	Carrot	
Legume (B)		1/2c			Renchero Beans			
WG Bread (W) Bread	1 B/G (Min.)	8-10 B/G	Roll 2oz	Corn Bread Rice 1/2c	Tortilla Bread stick	Bun	Bun	
Milk	8oz							
Extras			souer cream		cooke souer cream		cooke	
Week 3	Daily Require	Weekly Require	17 Main Menu	18 Main Menu	19 Main Menu	Sandwich Line	20 Main Menu	21 Both Lines
Meat/MA	1 M/MA (Min.)	9 -10 M/MA	Chicken Tender	Taco Cheese	Lasagna	Chicken tender	Turkey breat slc	pizza
Veg Option			*Vegetarian Option		Green BEANS			
Fruit	1/2c	2 1/2cup	fruit	Cranberries	fruit	fruit	fruit	
Veggie (G) Veggie (R/O) Veg. (S) Veg. (O)	3/4c	1/2c (min) 3/4c (min) 1/2c 1/2c	Salad Carrots	Greenleaf Lettuce Salsa	Salad	Carrots Fries	carrot/celery stick fries	Broccoli marinara sauce
Legume (B)		1/2c		ranchero beans				
WG Bread (W) Bread	1 B/G (Min.)	8-10 B/G	ROLL Mac&Cheese	Cinnamon sticks Totilla /taco shells	Toast	Bun	bun	crust
Milk	8oz		Milk Choice: White, Strawberry, Chocolate	Milk Choice: White, Strawberry, Chocolate	Milk Choice: White, Strawberry, Chocolate	Milk Choice: White, Strawberry, Chocolate	Milk Choice: White, Strawberry, Chocolate	Milk Choice: White, Strawberry, Chocolate
Extras				Sour Cream Jalopino	Brownie			
Week 4	Daily Require	Weekly Require	24 Main Menu	25 Main Menu	26 Main Menu	27 Main Menu	28 Both Lines	
Meat/MA	1 M/MA (Min.)	9 -10 m/ma	chicken tender	Gumbo	Turkey breat slc	Chicken Tender	Hot Dog (2M/MA) OR Corndog (2M/MA)	
Veg Option					Broccoli		*Vegetarian Option	
Fruit	1/2c	2 1/2 cup	fruit	fruit	fruit	Fruit	Raisins/Cran (1/4=1/2c)	
Veggie (G) Veggie (R/O) Veg. (S) Veg. (O)	3/4c	1/2c (min) 3/4c (min) 1/2c 1/2c	Green Beans Carrots Mashed potato w cheese	Carrots	Fries	FRIES	Broccoli Florets (1/4c) Carrots (1/2c)	
Legume (B)		1/2c				Baked beans		
WG Bread (W) Bread	1 B/G (Min.)	8-10 B/G	Roll	Roll Rice	Bun		Bun, Purchased (2B/G) OR Wrap (2B/G)	
Milk	8oz		Milk Choice: White, Strawberry, Chocolate	Milk Choice: White, Strawberry, Chocolate	Milk Choice: White, Strawberry, Chocolate	Milk Choice: White, Strawberry, Chocolate	Milk Choice: White, Strawberry, Chocolate	
Extras				COOKIE				

This institution is an equal opportunity provider. Menus are subject to change.

***Vegetarian Options**
 Yogurt & Cheese Stick
 Smoothie & Cheese Stick
 Sunbutter & Jelly Sandwich
 Veggie Burger