

				Tankal
Monday	Tuesday	Wednesday	Thursday	Friday
	1 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit	2 Shepherd's Pie Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw Whole wheat bread/butter* Fresh fruit	3 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	4 BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables Whole wheat bread/butter* Fresh fruit
Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame Roll Fresh fruit	8 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	9 Hamburger slider (V) Black bean burger #^ Bean medley Roll Fresh fruit	10 Chicken parmesan (V) Elbows, tomato sauce w/ soy*^ Zucchini & yellow squash Whole wheat bread/butter* Fresh fruit	11 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit
Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	15 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots Whole wheat bread/butter* Fresh fruit	Chicken patty (V) Veggie nuggets^ Tuscan bean and garlic soup Whole wheat bread/butter* Fresh fruit	17 (V) Whole grain pizza* Garden salad Fresh fruit	18 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit
Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	22 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit	24 Chicken thigh w/gravy (V) Picadillo^ Peas Whole wheat bread/butter * Fresh fruit	Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit
28 Dirty brown rice with beef* (V) Dirty brown rice^ Spinach salad Fresh fruit	29 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit	30 Stuffing topped chicken pot pie Apple coleslaw (V) Black bean tortilla soup^ Whole wheat bread/butter* Fresh fruit	~ This menu is designed for children age 12+ months * Age-appropriate milk must be served with breakfast and lunch * WWW. goodfoodco.com This institution is an equal opportunity provider	Fresh fruits include but are not limited to apples, oranges, bananas, pears, tangerines, cantaloupe, plums, nectarines, watermelon, strawberries, blueberries, peaches, honeydew, mango, and pineapple Fruit will be served as it is in season and as it becomes ripe.

(V) Vegetarian meal #Gluten free

*Whole grain ^Vegan



Monday ~ This menu is designed for children age 12+	Tuesday Fresh fruits include but are not limited to	Wednesday	Thursday	Friday
* Age-appropriate milk must be served with breakfast and lunch	cantaloupe, plums, nectarines, watermelon, strawberries, blueberries, peaches, honeydew, mango, and pineapple		I urkey meatioar (V) French lentils w/ thyme^ Mashed sweet potatoes	(V) Lasagna Tossed salad Fresh fruit
www. <u>goodfoodco.com</u> This institution is an equal opportunity provider	Fruit will be served as it is in season and as it becomes ripe.		Whole wheat bread/butter* Fresh fruit	
5 Whole wheat ziti with chicken *	6 (V) Regne & Brown rice	7 Shanhard's Dia	(V) Ravioli w/olive oil tomato	9 BBO chicken lear
(V) Lentil penne & tomato sauce w/ sov *#^	Tossed salad	(V) Chickpea curry with potatoes^	sauce & fresh basil	(V) Mushroom stroganoff ^
Grated cheese	Fresh fruit	Whole wheat bread/butter*	Fresh fruit	Whole wheat bread/butter*
Tossed salad Fresh fruit		Fresh fruit		Fresh fruit
12 Turkey sloppy joe	13 Chicken chili	14 Hamburger slider	15 Chicken parmesan	16 (V) Whole wheat macaroni &
Corn & edamame	Broccoli & cheese salad Whole wheat bread/butter*	Bean medley Roll	soy*^ Zucchini & yellow squash	Mixed vegetables Fresh fruit
Fresh fruit	Fresh fruit	Fresh fruit	Whole wheat bread/butter* Fresh fruit	
19 Whole wheat Turk-a-roni*	20 Maryland-style chicken	21 Chicken nuggets	(V) Whole grain pizza*	23 (V) Spinach manicotti
(V) White bean mushroom soup? Grated cheese	(V) Broccoli & cheddar quinoa w/brown rice *	(V) Veggie nuggets^ Potato soup	Garden salad Fresh fruit	Winter blend vegetables Whole wheat bread/butter*
Southwest salad Fresh fruit	Sugar snaps & carrots Whole wheat bread/butter*	Whole wheat bread/butter* Fresh fruit		Fresh fruit
	Fresh fruit			
26	27 Chicken Alfredo with tri-color	28 (V) Whole grain cheese melt *	29 Snaghetti & meat sauce*	30 Turkey taco w/whole wheat
CLOSED FOR	pasta	Tomato alphabet soup	(V) Spaghetti & tomato sauce w/	Tortilla*
MEMORIAL DAY	(V) Tri-color pasta alfredo Salad	rresh fruit	Soy#\Grated cheese	(V) Beans & brown rice burrito*/ Corn
	Fresh fruit		Spinach salad Fresh fruit	Grated cheese Fresh fruit
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30 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad	23 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ (V) B Grated cheese Southwest salad Fresh fruit 24 Mary (V) B Wbro Sugar Whol	16 Turkey sloppy joe (V) Vegetarian sloppy joe ^ (V) V Corn & edamame Roll Fresh fruit 17 Chicl (V) V Broce Broce Whole Fresh fruit	9 Whole wheat ziti with chicken * (V) Bean (V) Lentil penne & tomato sauce w/ soy *#^ Crated cheese Tossed salad Fresh fruit	2 3 Dirty brown rice with beef* Bean, corn (V) Dirty brown rice^ (V) Bean, Spinach salad Fresh fruit Green Bea Fresh fruit Fresh fruit	Monday
	24 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots Whole wheat bread/butter* Fresh fruit	17 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	10 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit	3 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit	Tuesday
	Chicken patty (V) Veggie nuggets^ Tuscan bean and garlic soup Whole wheat bread/butter* Fresh fruit	18 Hamburger slider (V) Black bean burger #^ Bean medley Roll Fresh fruit	11 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw Whole wheat bread/butter* Fresh fruit	4 Stuffing topped chicken pot pie Apple coleslaw (V) Black bean tortilla soup^ Whole wheat bread/butter* Fresh fruit	Wednesday
~ This menu is designed for children age 12+ moniks * Age-appropriate milk must be served with breakfast and lunch www.goodfoodco.com	26 (V) Whole grain pizza* Garden salad Fresh fruit	19 CENTER CLOSED FOR JUNETEENTH HOLIDAY	12 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	Thursday
Fresh fruits include but are not limited to apples, oranges, bananas, pears, tangerines, cantaloupe, plums, nectarines, watermeton, strawberries, blueberries, peaches, honeydew, mango, and pineapple Fruit will be served as it is in season and as it becomes rine	27 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit	20 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit	BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables Whole wheat bread/butter* Fresh fruit	6 (V) Lasagna Tossed salad Fresh fruit	Friday

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