

May Harvest of the Month →...→...→...→

Chickpea or garbanzo bean? Either way, it is a delicious and quite nutritious food and this month's #MTHarvestoftheMonth! They are an excellent source of many nutrients including potassium, calcium, iron, vitamin B-6, magnesium, protein, and fiber!

### Monday



### Tuesday



### Wednesday

### Thursday

### Friday

Country Fried Steak w/ Gravy  
Mashed Potatoes or Green Beans  
Rolls  
Fruit

Cheeseburgers w/ Tomato & Lettuce  
Oven Fries  
Carrot Sticks  
Fruit

Chicken Enchilada Soup  
Banana Bread  
Steamed Carrots  
Green Peppers  
Fruit

Brunch for Lunch:  
French Toast w/ Toppings  
Sausage/ Hash Brown Patties  
Corn  
Juice

Taco Salad w/ Salsa  
Refried Beans  
Rice  
Fruit

Pizza or PB & J Sandwich  
Tossed Salad w/ Dressings  
Cherry Tomatoes  
Fruit

Baked Potato Bar  
Rolls  
Peas  
Fruit

Meatball Sub w/ Cheese  
Jo Jo's  
Carrot Sticks  
Fruit

Teriyaki Chicken Bowl  
Fried Rice  
Stir Fry Veggies or Corn  
Teddy Grahams  
Fruit

Sloppy Joe on WG Buns  
Baked Beans  
Coleslaw  
Fruit

Chicken Parmesan  
Mashed Potatoes  
Steamed Broccoli  
Rolls  
Fruit

Pizza or PB & J Sandwich  
Tossed Salad w/ Dressings  
Cherry Tomatoes  
Fruit  
Orange Sherbet

Soft Pretzel w/ Nacho Cheese or PB & J Sandwich  
Green Beans or Carrot Sticks  
Tex Mex Pasta Salad  
Fruit

Corn Dogs or Pop Dogs  
Rolls  
Steamed Broccoli  
Corn  
Fruit

Soft Shell Taco w/ Lettuce & Salsa  
Black Beans  
Rice  
Fruit

Spaghetti  
Italian Dippers  
Strawberry Salad  
Sliced Cucumbers  
Cherry Juice Bar

Chicken Salad w/ Pitas  
Fish Sticks w/ Roll  
Broccoli & Cauliflower  
Cheese Sticks  
Fruit

Chicken Tetrzzini  
Chocolate Muffins  
Fresh Broccoli & Cauliflower w/ Ranch  
Fruit

Super Nachos  
Refried Beans  
Green Peppers  
Fruit

Mac & Cheese  
Breadsticks  
Green Beans  
Sliced Cucumbers  
Fruit

Chicken Snack Wrap w/ Tomato  
Jo Jo's  
Fruit

**NO SCHOOL!!**

Ham & Cheese Sandwich  
Tomato & Lettuce  
Oven Fries  
Fruit