

May Lunch

NO FRIED FOODS!!

| Monday, April 29, 2024 | Tuesday, April 30, 2024 | Wednesday, May 1, 2024 | Thursday, May 2, 2024 | Friday, May 3, 2024 |
|--|---|--|--|---|
| Pasta Alfredo - <u>V, EF</u> Pasta Green Beans Cantaloupe <u>DF, Vegan: Pasta Marinara w/ Vegan Cheese</u> <u>GF: GF Pasta Alfredo</u> | Red Pepper Chicken - <u>EF, GF</u> Whole Grain Brown Rice Broccoli Bananas <u>V, Vegan: Tofu w/ DF Sauce</u> <u>DF: Chicken w/ DF Sauce</u> | HOK Hearty Turkey Chili - <u>DF, EF</u> Oyster Crackers Carrots, Peppers, Onions Honey Dew <u>V, Vegan: Three Bean Chili</u> <u>GF: Gluten Free Bread</u> | BBQ Chicken Quinoa - <u>DF, EF</u> Dinner Roll Peas and Carrots Pineapple <u>V, Vegan: BBQ Tofu</u> <u>GF: Gluten Free Bread</u> | Pizza Day - <u>V, EF</u> Flour Pizza Crust Cucumbers Fruit Salad <u>DF: Pizza w/Turkey Pepperoni</u> <u>GF: Gluten Free Pizza w/ Cheese</u> <u>Vegan: Pizza w/ Vegan Cheese</u> |
| Monday, May 6, 2024 | Tuesday, May 7, 2024 | Wednesday, May 8, 2024 | Thursday, May 9, 2024 | Friday, May 10, 2024 |
| Pasta w/ Meat Sauce - <u>DF, EF</u> Pasta Sliced Carrots Cantaloupe <u>V: Cheesy Italian Pasta</u> <u>Vegan: Pasta Marinara Vegan Cheese</u> <u>GF: Entrée w/ GF Pasta</u> | Teriyaki Meatballs Vegetable Rice Bananas <u>V, Vegan: Tofu Teriyaki</u> <u>DF, EF, GF: Chicken Teriyaki</u> | Turkey Lentil Sloppy Joes - <u>DF, EF</u> Dinner Roll Cauliflower Watermelon <u>V, Vegan: Lentil & Bean Sloppy Joe</u> <u>GF: Gluten Free Bread</u> | Chicken Pot Pie - <u>EF</u> Biscuit Peas and Carrots Honeydew <u>V, Vegan: Tofu Veggie Bowl</u> <u>DF, GF: Chicken Veggie Bowl</u> | Cheesy Italian Pasta - <u>V, EF</u> Cucumbers Fruit Salad <u>Vegan, DF: Pasta Marinara & Vegan Cheese</u> <u>GF: Entrée w/ GF Pasta</u> |
| Monday, May 13, 2024 | Tuesday, May 14, 2024 | Wednesday, May 15, 2024 | Thursday, May 16, 2024 | Friday, May 17, 2024 |
| Swedish Meatballs Wheat Bread Sliced Carrots Honey Dew <u>V, Vegan, DF, EF, GF:</u> <u>Veggie Meatballs</u> <u>GF: Gluten Free Bread</u> | Taco Tuesday! - <u>EF</u> Flour Tortillas Lettuce, Salsa Bananas <u>V, Vegan: Veggie & Bean Taco</u> <u>GF: Corn Tortilla</u> | Philly Chicken Cheesesteak - <u>EF</u> Mini Hoagie Broccoli Pineapple <u>DF: DF Chicken Cheesesteak</u> <u>V, Vegan: White Bean Cheesesteak</u> <u>GF: Corn Tortilla</u> | Turkey Paella - <u>DF, EF, GF</u> Turmeric Rice Peas and Carrots Cantaloupe <u>V, Vegan: Tofu Paella</u> | Pizza Day - <u>V, EF</u> Flour Pizza Crust Cucumbers Fruit Salad <u>DF: Pizza w/Turkey Pepperoni</u> <u>GF: Gluten Free Pizza w/ Cheese</u> <u>Vegan: Pizza w/ Vegan Cheese</u> |
| Monday, May 20, 2024 | Tuesday, May 21, 2024 | Wednesday, May 22, 2024 | Thursday, May 23, 2024 | Friday, May 24, 2024 |
| Creamy Pesto Pasta - <u>V, EF</u> Pasta Sliced Carrots Cantaloupe <u>DF, Vegan: DF Pesto Pasta w/ Vegan Cheese</u> <u>GF: GF Creamy Pesto Pasta</u> | Cheesy Chicken Broccoli - <u>EF, GF</u> Whole Grain Brown Rice Broccoli Bananas <u>DF: DF Chicken Broccoli Casserole</u> <u>V, Vegan: Tofu Broccoli Casserole</u> | Turkey Gyros - <u>EF</u> Pita Bread (Tzatziki on the side) Green Beans Honeydew <u>V, Vegan: Chickpea and Veggie Gyros</u> <u>GF: Corn Tortilla</u> | Chicken Fajitas - <u>DF, EF</u> Flour Tortillas Cauliflower Watermelon <u>V, Vegan: Bean Fajitas</u> <u>GF: Corn Tortilla</u> | Spaghetti and Meatballs Spaghetti Cucumbers Fruit Salad <u>V, EF: Cheesy Italian Pasta</u> <u>Vegan, DF: Pasta Marinara Vegan Cheese</u> <u>GF: GF Cheesy Italian Pasta</u> |
| Monday, May 27, 2024 | Tuesday, May 28, 2024 | Wednesday, May 29, 2024 | Thursday, May 30, 2024 | Friday, May 31, 2024 |
| Memorial Day | Mega Mac & Cheese - <u>V, EF</u> Pasta Peas and Carrots Honeydew <u>GF: GF Pasta w/ Cheese Sauce</u> <u>Vegan, DF: Cheesy Vegan Pasta</u> | Chicken Broccoli Teriyaki - <u>DF, EF, GF</u> White Rice Broccoli Pineapple <u>V, Vegan: Tofu Broccoli Teriyaki</u> | Turkey Meatloaf - <u>EF, GF</u> Wheat Bread Green Beans Cantaloupe <u>V, Vegan, DF - Veggie Patty</u> <u>GF: Gluten Free Bread</u> | Pizza Day - <u>V, EF</u> Flour Pizza Crust Cucumbers Fruit Salad <u>DF: Pizza w/Turkey Pepperoni</u> <u>GF: Gluten Free Pizza w/ Cheese</u> <u>Vegan: Pizza w/ Vegan Cheese</u> |