



## PreK Breakfast May 2023

1-May Cereal Bar & Yogurt Apple Sauce Skim or 1% Fat Milk	2-May Breakfast Pizza Banana Skim or 1% Fat Milk	3-May Chocolate Chip Waffles Orange Juice Skim or 1% Fat Milk	4-May Sausage Breakfast Sandwich Mango Cup Skim or 1% Fat Milk	5-May Apple Cinnamon Muffin Fruit Cup Skim or 1% Fat Milk
8-May Cereal Bar & Yogurt Apple Sauce Skim or 1% Fat Milk	9-May Breakfast Pizza Bagel Banana Skim or 1% Fat Milk	10-May Maple Waffles Orange Juice Skim or 1% Fat Milk	11-May Sausage Pancake Stick Mango Cup Skim or 1% Fat Milk	12-May WG Pop Tarts Fruit Cup Skim or 1% Fat Milk
15-May Cereal Bar & Yogurt Apple Sauce Skim or 1% Fat Milk	16-May Breakfast Pizza Banana Skim or 1% Fat Milk	17-May Chocolate Chip Waffles Orange Juice Skim or 1% Fat Milk	18-May Sausage Breakfast Sandwich Mango Cup Skim or 1% Fat Milk	19-May WG Pop Tarts Fruit Cup Skim or 1% Fat Milk
22-May Cereal Bar & Yogurt Apple Sauce Skim or 1% Fat Milk	23-May Breakfast Pizza Bagel Banana Skim or 1% Fat Milk	24-May Maple Waffles Orange Juice Skim or 1% Fat Milk	25-May Sausage Pancake Stick Mango Cup Skim or 1% Fat Milk	26-May WG Pop Tarts Fruit Cup Skim or 1% Fat Milk

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## K-8 Breakfast May 2023

1-May Cereal Bar & Yogurt Apple Sauce Craisins Skim or 1% Fat Milk	2-May Breakfast Pizza Banana Grape Juice Skim or 1% Fat Milk	3-May Chocolate Chip Waffles Orange Juice Fresh Apple Skim or 1% Fat Milk	4-May Sausage Breakfast Sandwich Mango Cup Fresh Orange Skim or 1% Fat Milk	5-May WG Pop Tarts Fruit Cup Fresh Pear Skim or 1% Fat Milk
8-May Cereal Bar & Yogurt Apple Sauce Craisins Skim or 1% Fat Milk	9-May Breakfast Pizza Bagel Banana Grape Juice Skim or 1% Fat Milk	10-May Maple Waffles Orange Juice Fresh Apple Skim or 1% Fat Milk	11-May Sausage Pancake Stick Mango Cup Fresh Orange Skim or 1% Fat Milk	12-May WG Pop Tarts Fruit Cup Fresh Pear Skim or 1% Fat Milk
15-May Cereal Bar & Yogurt Apple Sauce Craisins Skim or 1% Fat Milk	16-May Breakfast Pizza Banana Grape Juice Skim or 1% Fat Milk	17-May Chocolate Chip Waffles Orange Juice Fresh Apple Skim or 1% Fat Milk	18-May Sausage Breakfast Sandwich Mango Cup Fresh Orange Skim or 1% Fat Milk	19-May WG Pop Tarts Fruit Cup Fresh Pear Skim or 1% Fat Milk
22-May Cereal Bar & Yogurt Apple Sauce Craisins Skim or 1% Fat Milk	23-May Breakfast Pizza Bagel Banana Grape Juice Skim or 1% Fat Milk	24-May Maple Waffles Orange Juice Fresh Apple Skim or 1% Fat Milk	25-May Sausage Pancake Stick Mango Cup Fresh Orange Skim or 1% Fat Milk	26-May WG Pop Tarts Fruit Cup Fresh Pear Skim or 1% Fat Milk

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# HS Breakfast May 2023

1-May	2-May	3-May	4-May	5-May
Assorted Cereal & Bars w/ Yogurt	Assorted Cereal & Bars w/ Yogurt	Assorted Cereal & Bars w/ Yogurt	Assorted Cereal & Bars w/ Yogurt	Assorted Cereal & Bars w/ Yogurt
WG Bagel & Cream Cheese	Breakfast Pizza	Chocolate Chip Waffles	Sausage or Bacon Breakfast Sandwich	WG Pop Tarts
Apple Sauce	Banana	Orange Juice	Mango Cup	Pineapple Cup
Craisins	Pear Cup	Fresh Apple	Fresh Orange	Fresh Pear
Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk
8-May	9-May	10-May	11-May	12-May
Assorted Cereal & Bars w/ Yogurt	Assorted Cereal & Bars w/ Yogurt	Assorted Cereal & Bars w/ Yogurt	Assorted Cereal & Bars w/ Yogurt	Assorted Cereal & Bars w/ Yogurt
WG Bagel & Cream Cheese	Sausage Pancake Stick	Maple Waffles	Sausage or Bacon Breakfast Sandwich	WG Pop Tarts
Apple Sauce	Banana	Orange Juice	Mango Cup	Pineapple Cup
Craisins	Pear Cup	Fresh Apple	Fresh Orange	Fresh Pear
Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk
15-May	16-May	17-May	18-May	19-May
Assorted Cereal & Bars w/ Yogurt	Assorted Cereal & Bars w/ Yogurt	Assorted Cereal & Bars w/ Yogurt	Assorted Cereal & Bars w/ Yogurt	Assorted Cereal & Bars w/ Yogurt
WG Bagel & Cream Cheese	Breakfast Pizza	Chocolate Chip Waffles	Sausage or Bacon Breakfast Sandwich	WG Pop Tarts
Apple Sauce	Banana	Orange Juice	Mango Cup	Pineapple Cup
Craisins	Pear Cup	Fresh Apple	Fresh Orange	Fresh Pear
Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk
22-May	23-May	24-May	25-May	26-May
Assorted Cereal & Bars w/ Yogurt	Assorted Cereal & Bars w/ Yogurt	Assorted Cereal & Bars w/ Yogurt	Assorted Cereal & Bars w/ Yogurt	Assorted Cereal & Bars w/ Yogurt
WG Bagel & Cream Cheese	Sausage Pancake Stick	Maple Waffles	Sausage or Bacon Breakfast Sandwich	WG Pop Tarts
Apple Sauce	Banana	Orange Juice	Mango Cup	Pineapple Cup
Craisins	Pear Cup	Fresh Apple	Fresh Orange	Fresh Pear
Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk

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## PreK Lunch May 2023

1-May Chicken Nuggets w/ WG Dinner Roll  Seasoned Collards  Fruit Punch  Skim or 1% Fat Milk	2-May Hot Dog on WG Bun  Emoticon Potatoes  Clementines  Skim or 1% Fat Milk	3-May Meatball Sub w/ BBQ Sauce  Sweet Potato Fries  Diced Pears  Skim or 1% Fat Milk	4-May Cheese Pizza  Baby Carrots w/ Dressing  Banana  Skim or 1% Fat Milk	5-May Chicken Tacos w/ Lettuce & Tomato  Black Bean & Corn Salsa  Apple Sauce  Skim or 1% Fat Milk
8-May Crispy Chicken Sandwich w/ Lettuce & Tomato  Tater Tots  Fruit Punch  Skim or 1% Fat Milk	9-May Cheeseburger w/ Lettuce & Tomato  Sweet Potato Fries  Clementines  Skim or 1% Fat Milk	10-May Chicken Drumstick w/ WG Dinner Roll  Mashed Potatoes  Diced Pears  Skim or 1% Fat Milk	11-May Cheese Pizza  Baby Carrots w/ Dressing  Banana  Skim or 1% Fat Milk	12-May Beef Tacos w/ Lettuce & Tomato  Vegetarian Baked Beans  Apple Sauce  Skim or 1% Fat Milk
15-May Chicken Nuggets w/ WG Dinner Roll  Seasoned Collards  Fruit Punch  Skim or 1% Fat Milk	16-May Hot Dog on WG Bun  Emoticon Potatoes  Clementines  Skim or 1% Fat Milk	17-May Meatball Sub w/ BBQ Sauce  Sweet Potato Fries  Diced Pears  Skim or 1% Fat Milk	18-May Cheese Pizza  Baby Carrots w/ Dressing  Banana  Skim or 1% Fat Milk	19-May Chicken Tacos w/ Lettuce & Tomato  Black Bean & Corn Salsa  Apple Sauce  Skim or 1% Fat Milk
22-May Crispy Chicken Sandwich w/ Lettuce & Tomato  Tater Tots  Fruit Punch  Skim or 1% Fat Milk	23-May BBQ Rib Sandwich  Sweet Potato Fries  Clementines  Skim or 1% Fat Milk	24-May Chicken Drumstick w/ WG Dinner Roll  Mashed Potatoes  Diced Pears  Skim or 1% Fat Milk	25-May Cheese Pizza  Baby Carrots w/ Dressing  Banana  Skim or 1% Fat Milk	26-May Beef Tacos w/ Lettuce & Tomato  Vegetarian Baked Beans  Apple Sauce  Skim or 1% Fat Milk

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## K-8 Lunch May 2023

1-May Chicken Nuggets w/ WG Dinner Roll  Seasoned Collards  Onion Rings  Fruit Punch  Skim or 1% Fat Milk	2-May Hot Dog on WG Bun  Emoticon Potatoes  Cole Slaw  Fresh Strawberry  Skim or 1% Fat Milk	3-May Meatball Sub w/ BBQ Sauce  Sweet Potato Fries  Celery Sticks w/ Dressing  Diced Pears  Skim or 1% Fat Milk	4-May Ranchero Pizza  Caesar Salad  Baby Carrots w/ Dressing  Banana  Skim or 1% Fat Milk	5-May Chicken Tacos w/ Lettuce & Tomato  Black Bean & Corn Salsa    Apple Sauce  Skim or 1% Fat Milk
8-May Crispy Chicken Sandwich w/ Lettuce & Tomato  Onion Rings  Cole Slaw  Fruit Punch  Skim or 1% Fat Milk	9-May Cheeseburger w/ Lettuce & Tomato  Sweet Potato Fries    Fresh Strawberries  Skim or 1% Fat Milk	10-May Chicken Drumstick w/ WG Dinner Roll  Mashed Potatoes  Seasoned Collards  Diced Pears  Skim or 1% Fat Milk	11-May Pepperoni Pizza  Baby Carrots w/ Dressing  Celery Sticks  Banana  Skim or 1% Fat Milk	12-May Beef Tacos w/ Lettuce & Tomato  Vegetarian Baked Beans    Apple Sauce  Skim or 1% Fat Milk
15-May Chicken Nuggets w/ WG Dinner Roll  Seasoned Collards  Onion Rings  Fruit Punch  Skim or 1% Fat Milk	16-May Hot Dog on WG Bun  Emoticon Potatoes  Cole Slaw  Fresh Strawberries  Skim or 1% Fat Milk	17-May Meatball Sub w/ BBQ Sauce  Sweet Potato Fries  Celery Sticks w/ Dressing  Diced Pears  Skim or 1% Fat Milk	18-May Buffalo Chicken Pizza  Caesar Salad  Baby Carrots w/ Dressing  Banana  Skim or 1% Fat Milk	19-May Chicken Tacos w/ Lettuce & Tomato  Black Bean & Corn Salsa    Apple Sauce  Skim or 1% Fat Milk
22-May Crispy Chicken Sandwich w/ Lettuce & Tomato  Onion Rings  Cole Slaw  Fruit Punch  Skim or 1% Fat Milk	23-May BBQ Rib Sandwich  Sweet Potato Fries  Spinach Salad  Fresh Strawberries  Skim or 1% Fat Milk	24-May Chicken Drumstick w/ WG Dinner Roll  Mashed Potatoes  Seasoned Collards  Diced Pears  Skim or 1% Fat Milk	25-May Cheese Pizza  Baby Carrots w/ Dressing  Celery Sticks  Banana  Skim or 1% Fat Milk	26-May Beef Tacos w/ Lettuce & Tomato  Vegetarian Baked Beans    Apple Sauce  Skim or 1% Fat Milk

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## HS Lunch May 2023

<p>1-May</p> <p>Chicken Nuggets w/ WG Dinner Roll</p> <p>Seasoned Collards</p> <p>Onion Rings</p> <p>Fruit Punch</p> <p>Fresh Pear</p> <p>Skim or 1% Fat Milk</p>	<p>2-May</p> <p>Chili Cheese Dog on WG Bun</p> <p>Crispy Fries</p> <p>Cole Slaw</p> <p>Clementines</p> <p>Mango Cup</p> <p>Skim or 1% Fat Milk</p>	<p>3-May</p> <p>Meatball Sub w/ BBQ Sauce</p> <p>Sweet Potato Fries</p> <p>Celery Sticks w/ Dressing</p> <p>Diced Pears</p> <p>Fresh Peach</p> <p>Skim or 1% Fat Milk</p>	<p>4-May</p> <p>Ranchero Pizza</p> <p>Caesar Salad</p> <p>Baby Carrots w/ Dressing</p> <p>Banana</p> <p>Asst. Juice</p> <p>Skim or 1% Fat Milk</p>	<p>5-May</p> <p>Chicken Tacos w/ Lettuce &amp; Tomato</p> <p>Black Bean &amp; Corn Salsa</p> <p>Fruit Cup</p> <p>Fresh Apple</p> <p>Skim or 1% Fat Milk</p>
<p>8-May</p> <p>Crispy Chicken Sandwich w/ Lettuce &amp; Tomato</p> <p>Onion Rings</p> <p>Cole Slaw</p> <p>Fruit Punch</p> <p>Fresh Pear</p> <p>Skim or 1% Fat Milk</p>	<p>9-May</p> <p>Bacon Cheeseburger w/ Lettuce &amp; Tomato</p> <p>Sweet Potato Fries</p> <p>Vegetarian Baked Beans</p> <p>Clementines</p> <p>Mango Cup</p> <p>Skim or 1% Fat Milk</p>	<p>10-May</p> <p>Chicken Drumstick w/ WG Biscuit</p> <p>Mashed Potatoes</p> <p>Seasoned Collards</p> <p>Diced Pears</p> <p>Fresh Peach</p> <p>Skim or 1% Fat Milk</p>	<p>11-May</p> <p>Pepperoni Pizza</p> <p>Baby Carrots w/ Dressing</p> <p>Celery Sticks</p> <p>Banana</p> <p>Asst. Juice</p> <p>Skim or 1% Fat Milk</p>	<p>12-May</p> <p>Beef Tacos w/ Lettuce &amp; Tomato</p> <p>Black Bean &amp; Corn Salsa</p> <p>Fruit Cup</p> <p>Fresh Apple</p> <p>Skim or 1% Fat Milk</p>
<p>15-May</p> <p>Chicken Nuggets w/ WG Dinner Roll</p> <p>Seasoned Collards</p> <p>Onion Rings</p> <p>Fruit Punch</p> <p>Fresh Pear</p> <p>Skim or 1% Fat Milk</p>	<p>16-May</p> <p>Chili Cheese Dog on WG Bun</p> <p>Crispy Fries</p> <p>Cole Slaw</p> <p>Clementines</p> <p>Mango Cup</p> <p>Skim or 1% Fat Milk</p>	<p>17-May</p> <p>Meatball Sub w/ BBQ Sauce</p> <p>Sweet Potato Fries</p> <p>Celery Sticks w/ Dressing</p> <p>Diced Pears</p> <p>Fresh Peach</p> <p>Skim or 1% Fat Milk</p>	<p>18-May</p> <p>Buffalo Chicken Pizza</p> <p>Caesar Salad</p> <p>Baby Carrots w/ Dressing</p> <p>Banana</p> <p>Asst. Juice</p> <p>Skim or 1% Fat Milk</p>	<p>19-May</p> <p>Chicken Tacos w/ Lettuce &amp; Tomato</p> <p>Black Bean &amp; Corn Salsa</p> <p>Fruit Cup</p> <p>Fresh Apple</p> <p>Skim or 1% Fat Milk</p>
<p>22-May</p> <p>Crispy Chicken Sandwich w/ Lettuce &amp; Tomato</p> <p>Baby Carrots</p> <p>Onion Rings</p> <p>Fruit Punch</p> <p>Fresh Pear</p> <p>Skim or 1% Fat Milk</p>	<p>23-May</p> <p>BBQ Rib Sandwich</p> <p>Sweet Potato Fries</p> <p>Cole Slaw</p> <p>Clementines</p> <p>Mango Cup</p> <p>Skim or 1% Fat Milk</p>	<p>24-May</p> <p>Chicken Drumstick w/ WG Dinner Roll</p> <p>Tater Tots</p> <p>Seasoned Collards</p> <p>Diced Pears</p> <p>Fresh Peach</p> <p>Skim or 1% Fat Milk</p>	<p>25-May</p> <p>Cheese Pizza</p> <p>Celery Sticks w/ Dressing</p> <p>Caesar Salad</p> <p>Banana</p> <p>Asst. Juice</p> <p>Skim or 1% Fat Milk</p>	<p>26-May</p> <p>Beef Tacos w/ Lettuce &amp; Tomato</p> <p>Vegetarian Baked Beans</p> <p>Seasoned Corn</p> <p>Fruit Cup</p> <p>Fresh Apple</p> <p>Skim or 1% Fat Milk</p>

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# Supper May 2023

<p>1-May</p> <p>Pasta w/ Meatsauce</p> <p>Seasoned Broccoli</p> <p>Fresh Apple</p> <p>Skim or 1% Fat Milk</p>	<p>2-May</p> <p>Chicken Drumstick w/ WG Biscuit</p> <p>Seasoned Collards</p> <p>Clementines</p> <p>Skim or 1% Fat Milk</p>	<p>3-May</p> <p>Chicken Teriyaki w/ Fried Rice</p> <p>Stir Fry Vegetables</p> <p>Pineapple Cup</p> <p>Skim or 1% Fat Milk</p>	<p>4-May</p> <p>Salisbury Steak w/ WG Biscuit</p> <p>Mashed Potatoes</p> <p>Fruit Punch</p> <p>Skim or 1% Fat Milk</p>	<p>5-May</p> <p>WG Pizza</p> <p>Baby Carrots w/ Dressing</p> <p>Fresh Pear</p> <p>Skim or 1% Fat Milk</p>
<p>8-May</p> <p>Mozzarella Sticks w/ Marinara</p> <p>Caesar Salad</p> <p>Fresh Apple</p> <p>Skim or 1% Fat Milk</p>	<p>9-May</p> <p>Chicken Nuggets w/ WG Biscuit</p> <p>Tater Tots</p> <p>Clementines</p> <p>Skim or 1% Fat Milk</p>	<p>10-May</p> <p>Turkey &amp; Gravy w/ Biscuit</p> <p>Seasoned Carrots</p> <p>Pineapple Cup</p> <p>Skim or 1% Fat Milk</p>	<p>11-May</p> <p>BBQ Chicken Sandwich</p> <p>Crispy Fries</p> <p>Fruit Punch</p> <p>Skim or 1% Fat Milk</p>	<p>12-May</p> <p>WG Pizza</p> <p>Celery Sticks</p> <p>Fresh Pear</p> <p>Skim or 1% Fat Milk</p>
<p>15-May</p> <p>Pasta w/ Meatsauce</p> <p>Seasoned Broccoli</p> <p>Fresh Apple</p> <p>Skim or 1% Fat Milk</p>	<p>16-May</p> <p>Chicken Drumstick w/ WG Biscuit</p> <p>Seasoned Collards</p> <p>Clementines</p> <p>Skim or 1% Fat Milk</p>	<p>17-May</p> <p>Chicken Teriyaki w/ Fried Rice</p> <p>Stir Fry Vegetables</p> <p>Pineapple Cup</p> <p>Skim or 1% Fat Milk</p>	<p>18-May</p> <p>Salisbury Steak w/ WG Biscuit</p> <p>Mashed Potatoes</p> <p>Fruit Punch</p> <p>Skim or 1% Fat Milk</p>	<p>19-May</p> <p>WG Pizza</p> <p>Baby Carrots w/ Dressing</p> <p>Fresh Pear</p> <p>Skim or 1% Fat Milk</p>
<p>22-May</p> <p>Mozzarella Sticks w/ Marinara</p> <p>Caesar Salad</p> <p>Fresh Apple</p> <p>Skim or 1% Fat Milk</p>	<p>23-May</p> <p>Chicken Nuggets w/ WG Biscuit</p> <p>Tater Tots</p> <p>Clementines</p> <p>Skim or 1% Fat Milk</p>	<p>24-May</p> <p>Turkey &amp; Gravy w/ Biscuit</p> <p>Seasoned Carrots</p> <p>Pineapple Cup</p> <p>Skim or 1% Fat Milk</p>	<p>25-May</p> <p>BBQ Chicken Sandwich</p> <p>Crispy Fries</p> <p>Fruit Punch</p> <p>Skim or 1% Fat Milk</p>	<p>26-May</p> <p>WG Pizza</p> <p>Celery Sticks</p> <p>Fresh Pear</p> <p>Skim or 1% Fat Milk</p>

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