



Rosa Parks May 2023 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 WG Breaded Chicken Drumstick Corn Bread Loaf WG Greens Juice Milk	2 Popcorn Chicken, WG Dinner Roll WG Mashed Potatoes Pineapple Tidbits Milk	3 Chicken Alfredo Steamed Carrots Applesauce Milk	4 Nachos with Three-Bean Chili Shredded Cheddar Cheese Mixed Vegetables Juice Milk	5 Chicken and Cheese Quesadilla, WG Refried Beans Diced Peaches Milk
8 Salisbury Steak with Gravy and WG Dinner Roll Mashed Potatoes Chilled Peaches Milk	9 Macaroni and Cheese WG Baked Beans Diced Pears Milk	10 Brunch for Lunch Chicken and Waffle Sweet Potato Tater Tots Applesauce Milk	11 Tangerine Chicken Brown Rice with Mixed Vegetables Dragon Juice Milk	12 Cheese Pizza WG Spinach Salad with Light Dressing Chilled Pineapple and Mandarin Oranges Milk
15 Sloppy Joes on WG Bun Seasoned Potato Wedges Chilled Peaches Milk	16 Soft Tacos (Turkey) Shredded Cheese Pinto Beans Applesauce Milk Taco Sauce	17 WG Brd Chicken Drumstick Dinner Roll WG Mixed Greens Chilled Pineapple Milk	18 Hamburger on a Whole Grain Bun Green Beans Fruit Juice Milk Ketchup and Mustard	19 Mini Ravioli with Marinara Glazed Carrots Pineapple and Mandarin Oranges Milk
22 Tangerine Chicken Brown Rice with Steamed Broccoli Dragon Juice Milk	23 Walking Tacos with Turkey and WG Tostitos Shredded Cheese Seasoned Pinto Applesauce Milk	24 BBQ Chicken Patty on WG Bun Green Beans Chilled Peaches Milk	25 Salisbury Steak with Gravy and WG Dinner Roll Mashed Potatoes Chilled Pears Milk	26 
29 	30	31		

* This item may contain pork.

ALL MENUS ARE SUBJECT TO CHANGE WITHOUT NOTICE
This institution is an equal opportunity provider.