

May 2022

Mid-Atlantic Regional Lunch Menu



LUNCH				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Cheese Pizza 2</p> <p>Green Beans (K-8: 3/4 cup; 9-12: 1 cup)</p> <p>Oranges (K-8) Oranges & Raisins (9-12)</p> <p>Skim/1% Milk</p>	<p>BBQ Chicken 3</p> <p>with Brown Rice (K-8: 1/2 cup; 9-12: 1 cup)*</p> <p>Seasoned Carrots (K-8: 3/4 cup; 9-12: 1 cup)</p> <p>100% juice (K-8) 100% juice & Raisins (9-12)</p> <p>Skim/1% Milk</p>	<p>Breakfast For Lunch 4</p> <p>Pancakes & Eggs*</p> <p>Roasted Potato Wedges (K-8: 3/4 cup; 9-12: 1 cup)</p> <p>Apples*</p> <p>Skim/1% Milk</p>	<p>Turkey Taco Bowl with Rice 5</p> <p>Black Beans (K-8: 3/4 cup; 9-12: 1 cup)*</p> <p>Oranges (K-8) Oranges & Raisins (9-12)</p> <p>Skim/1% Milk</p>	<p>Pasta with Meatsauce 6</p> <p>Roasted Broccoli (1/2 cup)</p> <p>100% juice (K-8) 100% juice & Raisins (9-12)</p> <p>Skim/1% Milk</p>
<p>Breakfast For Lunch 9</p> <p>Waffles & Eggs*</p> <p>Roasted Potato Wedges (K-8: 3/4 cup; 9-12: 1 cup)</p> <p>Oranges (K-8) Oranges & Raisins (9-12)</p> <p>Skim/1% Milk</p>	<p>Turkey & Cheese Melt 10</p> <p>Green Beans (K-8: 3/4 cup; 9-12: 1 cup)</p> <p>100% juice (K-8) 100% juice & Raisins (9-12)</p> <p>Skim/1% Milk</p>	<p>Cheesy Baked Ziti 11</p> <p>Roasted Broccoli (1/2 cup)</p> <p>Apples*</p> <p>Skim/1% Milk</p>	<p>Jerk Chicken* 12</p> <p>with Red Rice (K-8: 1/2 cup; 9-12: 1 cup)*</p> <p>Black Beans (K-8: 3/4 cup; 9-12: 1 cup)*</p> <p>Oranges (K-8) Oranges & Raisins (9-12)</p> <p>Skim/1% Milk</p>	<p>Cheese Pizza 13</p> <p>Roasted Carrots (K-8: 3/4 cup; 9-12: 1 cup)</p> <p>100% juice (K-8) 100% juice & Raisins (9-12)</p> <p>Skim/1% Milk</p>
<p>Chicken Nuggets 16</p> <p>WG Biscuit (9-12 only)</p> <p>Green Beans (K-8: 3/4 cup; 9-12: 1 cup)</p> <p>Oranges (K-8) Oranges & Raisins (9-12)</p> <p>Skim/1% Milk</p>	<p>Turkey Taco Bowl with Rice 17</p> <p>Black Beans (K-8: 3/4 cup; 9-12: 1 cup)*</p> <p>100% juice (K-8) 100% juice & Raisins (9-12)</p> <p>Skim/1% Milk</p>	<p>Pasta with Meatsauce 18</p> <p>Roasted Broccoli (1/2 cup)</p> <p>Apples*</p> <p>Skim/1% Milk</p>	<p>Dry Rub BBQ Chicken 19</p> <p>with Brown Rice (K-8: 1/2 cup; 9-12: 1 cup)*</p> <p>Roasted Carrots (K-8: 3/4 cup; 9-12: 1 cup)</p> <p>Oranges (K-8) Oranges & Raisins (9-12)</p> <p>Skim/1% Milk</p>	<p>Hot Dog on Whole Grain Bun 20</p> <p>Steamed Corn (K-8: 3/4 cup; 9-12: 1 cup)</p> <p>100% juice (K-8) 100% juice & Raisins (9-12)</p> <p>Skim/1% Milk</p>
<p>Cheese Pizza 23</p> <p>Green Beans (K-8: 3/4 cup; 9-12: 1 cup)</p> <p>Oranges (K-8) Oranges & Raisins (9-12)</p> <p>Skim/1% Milk</p>	<p>BBQ Chicken 24</p> <p>with Brown Rice (K-8: 1/2 cup; 9-12: 1 cup)*</p> <p>Black Beans (K-8: 3/4 cup; 9-12: 1 cup)*</p> <p>100% juice (K-8) 100% juice & Raisins (9-12)</p> <p>Skim/1% Milk</p>	<p>Cheesy Pizza Pasta 25</p> <p>Roasted Broccoli (1/2 cup)</p> <p>Apples*</p> <p>Skim/1% Milk</p>	<p>Breakfast For Lunch 26</p> <p>Waffles & Eggs*</p> <p>Roasted Potato Wedges (K-8: 3/4 cup; 9-12: 1 cup)</p> <p>Oranges (K-8) Oranges & Raisins (9-12)</p> <p>Skim/1% Milk</p>	<p>Greek Chicken 27</p> <p>with Red Rice (K-8: 1/2 cup; 9-12: 1 cup)*</p> <p>Seasoned Carrots (K-8: 3/4 cup; 9-12: 1 cup)</p> <p>100% juice (K-8) 100% juice & Raisins (9-12)</p> <p>Skim/1% Milk</p>
<p>Turkey & Cheese Melt 30</p> <p>Steamed Corn (K-8: 3/4 cup; 9-12: 1 cup)</p> <p>Oranges (K-8) Oranges & Raisins (9-12)</p> <p>Skim/1% Milk</p>	<p>Chicken Nuggets 31</p> <p>WG Biscuit (9-12 only)</p> <p>Green Beans (K-8: 3/4 cup; 9-12: 1 cup)</p> <p>100% juice (K-8) 100% juice & Raisins (9-12)</p> <p>Skim/1% Milk</p>	<p>1</p>	<p>2</p>	<p>3</p>

Items with * are locally purchased

This institution is an equal opportunity provider.

NOTE: Menu subject to change