

May 2022

Mid-Atlantic Region Menu - Vegetarian



LUNCH				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
<p>Cheese Pizza Green Beans (K-8: 3/4 cup; 9-12: 1 cup) Oranges (K-8) Oranges & Raisins (9-12) Skim/1% Milk</p>	<p>BBQ Chick'n with Brown Rice (K-8: 1/2 cup; 9-12: 1 cup)* Seasoned Carrots (K-8: 3/4 cup; 9-12: 1 cup) 100% juice (K-8) 100% juice & Raisins (9-12) Skim/1% Milk</p>	<p>Breakfast For Lunch Pancakes & Eggs* Roasted Potato Wedges (K-8: 3/4 cup; 9-12: 1 cup) Apples* Skim/1% Milk</p>	<p>Chick'n Taco Bowl with Rice Black Beans (K-8: 3/4 cup; 9-12: 1 cup)* Oranges (K-8) Oranges & Raisins (9-12) Skim/1% Milk</p>	<p>Cheesy Baked Ziti Roasted Broccoli (1/2 cup) 100% juice (K-8) 100% juice & Raisins (9-12) Skim/1% Milk</p>
9	10	11	12	13
<p>Breakfast For Lunch Waffles & Eggs* Roasted Potato Wedges (K-8: 3/4 cup; 9-12: 1 cup) Oranges (K-8) Oranges & Raisins (9-12) Skim/1% Milk</p>	<p>Veggie Burger Green Beans (K-8: 3/4 cup; 9-12: 1 cup) 100% juice (K-8) 100% juice & Raisins (9-12) Skim/1% Milk</p>	<p>Cheesy Baked Ziti Roasted Broccoli (1/2 cup) Apples* Skim/1% Milk</p>	<p>Jerk Chick'n with Red Rice (K-8: 1/2 cup; 9-12: 1 cup)* Black Beans (K-8: 3/4 cup; 9-12: 1 cup)* Oranges (K-8) Oranges & Raisins (9-12) Skim/1% Milk</p>	<p>Cheese Pizza Roasted Carrots (K-8: 3/4 cup; 9-12: 1 cup) 100% juice (K-8) 100% juice & Raisins (9-12) Skim/1% Milk</p>
16	17	18	19	20
<p>Veggie Nuggets WG Biscuit Green Beans (K-8: 3/4 cup; 9-12: 1 cup) Oranges (K-8) Oranges & Raisins (9-12) Skim/1% Milk</p>	<p>Chick'n Taco Bowl with Rice Black Beans (K-8: 3/4 cup; 9-12: 1 cup)* 100% juice (K-8) 100% juice & Raisins (9-12) Skim/1% Milk</p>	<p>Cheesy Baked Ziti Roasted Broccoli (1/2 cup) Apples* Skim/1% Milk</p>	<p>Dry Rub BBQ Chick'n with Brown Rice (K-8: 1/2 cup; 9-12: 1 cup)* Roasted Carrots (K-8: 3/4 cup; 9-12: 1 cup) Oranges (K-8) Oranges & Raisins (9-12) Skim/1% Milk</p>	<p>Veggie Burger Steamed Corn (K-8: 3/4 cup; 9-12: 1 cup) 100% juice (K-8) 100% juice & Raisins (9-12) Skim/1% Milk</p>
23	24	25	26	27
<p>Cheese Pizza Green Beans (K-8: 3/4 cup; 9-12: 1 cup) Oranges (K-8) Oranges & Raisins (9-12) Skim/1% Milk</p>	<p>BBQ Chick'n with Brown Rice (K-8: 1/2 cup; 9-12: 1 cup)* Black Beans (K-8: 3/4 cup; 9-12: 1 cup)* 100% juice (K-8) 100% juice & Raisins (9-12) Skim/1% Milk</p>	<p>Cheesy Pizza Pasta Roasted Broccoli (1/2 cup) Apples* Skim/1% Milk</p>	<p>Breakfast For Lunch Waffles & Eggs* Roasted Potato Wedges (K-8: 3/4 cup; 9-12: 1 cup) Oranges (K-8) Oranges & Raisins (9-12) Skim/1% Milk</p>	<p>Greek Chick'n with Red Rice (K-8: 1/2 cup; 9-12: 1 cup)* Seasoned Carrots (K-8: 3/4 cup; 9-12: 1 cup) 100% juice (K-8) 100% juice & Raisins (9-12) Skim/1% Milk</p>
30	31	32	33	34
<p>Veggie Burger Steamed Corn (K-8: 3/4 cup; 9-12: 1 cup) Oranges (K-8) Oranges & Raisins (9-12) Skim/1% Milk</p>	<p>Veggie Nuggets WG Biscuit Green Beans (K-8: 3/4 cup; 9-12: 1 cup) 100% juice (K-8) 100% juice & Raisins (9-12) Skim/1% Milk</p>			

Harvest of the Month

This institution is an equal opportunity provider.

NOTE: Menu subject to change