

MAY | 2023

PRC Lunch



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	1 French dip Roasted potatoes Assorted veggies Fruit Juice/Milk	2 Swedish meatballs Whole grain buttered noodles Assorted veggies Fruit Juice/Milk	3 Country biscuit pot pie Assorted veggies Fruit Juice/Milk	4 Chicken quesadilla Brown Spanish rice Assorted veggies Fruit Juice/Milk	5 Pizza Assorted veggies Fruit	6 Sack lunch: Italian sub Chips Fruit Cup Sweet treat Juice
7 Sack lunch: Ham and cheese wrap Chips Fruit cup Sweet treat Juicebox	8 Carved turkey club Roasted sweet potatoes Assorted veggies Fruit Juice/Milk	9 Penne pasta with Italian sausage and roasted tomato sauce Garlic bread Assorted veggies Fruit Juice/Milk	10 Ham and cheese croissant Whole grain Italian pasta salad Assorted veggies Fruit Juice/Milk	11 Steak quesadilla Brown rice Assorted veggies Fruit Juice/Milk	12 Pizza Assorted veggies Fruit	13 Sack lunch: Italian sub Chips Fruit Cup Sweet treat Juice
14 Sack lunch: Ham and cheese wrap Chips Fruit cup Sweet treat Juicebox	15 French dip Roasted potatoes Assorted veggies Fruit Juice/Milk	16 Penne pasta with Italian sausage and roasted tomato sauce Garlic bread Assorted veggies Fruit Juice/Milk	17 Country biscuit pot pie Assorted veggies Fruit Juice/Milk	18 Chicken quesadilla Brown Spanish rice Assorted veggies Fruit Juice/Milk	19 Pizza Assorted veggies Fruit	20 Sack lunch: Italian sub Chips Fruit Cup Sweet treat Juice
21 Sack lunch: Ham and cheese wrap Chips Fruit cup Sweet treat Juicebox	22 Carved turkey club Roasted sweet potatoes Assorted veggies Fruit Juice/Milk	23 Swedish meatballs Whole grain buttered noodles Assorted veggies Fruit Juice/Milk	24 Ham and cheese croissant Whole grain Italian pasta salad Assorted veggies Fruit Juice/Milk	25 Steak quesadilla Brown rice Assorted veggies Fruit Juice/Milk	26 Pizza Assorted veggies Fruit	27 Sack lunch: Italian sub Chips Fruit Cup Sweet treat Juice
28 Sack lunch: Ham and cheese wrap Chips Fruit cup Sweet treat Juicebox	29 French dip Roasted potatoes Assorted veggies Fruit Juice/Milk	30 Penne pasta with Italian sausage and roasted tomato sauce Garlic bread Assorted veggies Fruit Juice/Milk	31 Country biscuit pot pie Assorted veggies Fruit Juice/Milk	1	2	3