

LUNCH

May 2017

Mainstreet School

Nutrition Tip

Increase veggie intake for the whole family. Here are some ideas:

- Double the vegetables prepared for dinner and use the leftovers in meals the next day.
- Stuff leftover asparagus or peas with sliced turkey and cheese into a pita.
- Stock up on frozen and canned vegetables for quick additions to meals.

Hamburger/ Cheeseburger **1**
Veggie Burger
Applesauce
Baked Beans
Deli Sandwich Line

Shredded Beef Sandwich **2**
Crunchy Pecan Slaw &
Ranch Fries
Strawberries
Cheese or Veggie Pizza

Chicken Fajita Pasta **3**
Green beans
Melon
Deli Sandwich Line

Chinese Green Beans w/
Turkey Over Brown Rice **4**
Green Salad
Blueberries
Cheese or Pepperoni Pizza

Mongolian Beef Stir Fry **5**
Carrots
Mixed Fruit
Deli Sandwich Line

Hamburger/ Cheeseburger **8**
Veggie Burger
Sweet & Spicy Baked Beans
Apple
Deli Sandwich Line

Chicken Taco Salad **9**
Cucumbers
Pineapple
Cheese or Veggie Pizza

Pasta w/ Chicken, Pesto
& Sundried Tomatoes **10**
Green Salad
Oranges
Deli Sandwich Line

Spicy Chicken & Bok
Choy Over Quinoa **11**
Red Peppers
Berries
Cheese or Pepperoni Pizza

Jambalaya **12**
Fresh Pears
Corn
Deli Sandwich Line

Southwest Turkey Burger **15**
Cauliflower
Peaches
Deli Sandwich Line

Beef Stroganoff Over Rotini **16**
Edamame
Mandarin Oranges
Cheese or Veggie Pizza

Chicken Rotini **17**
Carrots
Pears
Deli Sandwich Line

Breakfast Bar **18**
Potatoes
Grapes
Cheese or Pepperoni Pizza

Chicken Italian w/
Pasta and Red Sauce **19**
Spinach Salad
Mango
Deli Sandwich Line

Hamburger/ Cheeseburger **22**
Veggie Burger
Applesauce
Baked Beans
Deli Sandwich Line

Shredded Beef Sandwich **23**
Crunchy Pecan Slaw &
Ranch Fries
Strawberries
Cheese or Veggie Pizza

Chicken Fajita Pasta **24**
Green beans
Melon
Deli Sandwich Line

Chinese Green Beans
Turkey Over Brown Rice **25**
Green Salad
Blueberries
Cheese or Pepperoni Pizza

Mongolian Beef Stir Fry **26**
Carrots
Mixed Fruit
Deli Sandwich Line

No School **29**

Party Sub Sandwich **30**
Carrots
Apples
Chocolate Chip Cookie

Early Release **31**

Early Release **1**

