

NUTRITION SERVICES
COLD LUNCH MENU, GRADES K-8
LUNCHMASTER SCHOOL LUNCH PROGRAM

May 2021

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|--|
| <p>May - 3</p> <p>Turkey & Cheddar Sandwich Hummus and Pita Bread with Roasted Chickpeas Chicken Salad on a French Roll</p> <p>-- SIDES -- 1st Fresh Fruit, 1/2 Cup Baby Carrots Edamame, Shelled, No Pods, Only Beans 3.1oz</p> <p>--CONDIMENTS-- Ranch Dressing Taco Sauce Ketchup Mustard</p> | <p>May - 4</p> <p>Chicken Caesar Wrap Sunbutter & Jelly Sandwich Vegetarian Picnic Box</p> <p>-- SIDES -- 1st Fresh Fruit, 1/2 Cup Jicama and Lime Cherry Tomatoes 2.7 oz</p> <p>--CONDIMENTS-- Ranch Dressing Taco Sauce Ketchup Mustard</p> | <p>May - 5</p> <p>Farmers Market Egg Salad and Roll Mediterranean Bistro Box Chicken Bacon Ranch Salad, Roll</p> <p>-- SIDES -- 1st Fresh Fruit, 1/2 Cup Baby Carrots 2.5 oz Weight Celery Sticks & Cucumber Coins 2.3 oz</p> <p>--CONDIMENTS-- Ranch Dressing Taco Sauce Ketchup Mustard</p> | <p>May - 6</p> <p>Taco Salad w/Tortilla Chips, GF Chicken Caesar Salad with Roll Blueberry Bagel, String Cheese & Sunflower Seeds</p> <p>-- SIDES -- 1st Fresh Fruit, 1/2 Cup Celery Sticks, Six 1/2" x 4" Sticks Sweet Peas</p> <p>--CONDIMENTS-- Ranch Dressing Taco Sauce Ketchup Mustard</p> | <p>May - 7</p> <p>Yogurt Berry Parfait with a Muffin Cobb Salad, Roll Beef Fajita Wrap</p> <p>-- SIDES -- 1st Fresh Fruit, 1/2 Cup Broccoli Florets, 1.2 oz Cucumber Sticks 2.7 oz</p> <p>--CONDIMENTS-- Ranch Dressing Taco Sauce Ketchup Mustard</p> |
| <p>May - 10</p> <p>Ham & Turkey on Dutch Crunch Roast Beef & Swiss on a French Roll Sunbutter & Jelly Sandwich</p> <p>-- SIDES -- 1st Fresh Fruit, 1/2 Cup Baby Carrots 2.5 oz Weight Edamame, Shelled, No Pods, Only Beans 3.1oz</p> <p>--CONDIMENTS-- Ranch Dressing Taco Sauce Ketchup Mustard</p> | <p>May - 11</p> <p>Italian Deli Sub on a French Roll Artisan Cheese and Fruit Platter Hummus Rainbow Wrap</p> <p>-- SIDES -- 1st Fresh Fruit, 1/2 Cup Jicama and Lime Cherry Tomatoes 2.7 oz</p> <p>--CONDIMENTS-- Ranch Dressing Taco Sauce Ketchup Mustard</p> | <p>May - 12</p> <p>Breaded Chicken Wrap Ham Turkey & Cheese on Dutch Crunch Southwest Vegetarian Taco Salad & Chips, GF</p> <p>-- SIDES -- 1st Fresh Fruit, 1/2 Cup Baby Carrots 2.5 oz Weight Celery Sticks & Cucumber Coins</p> <p>--CONDIMENTS-- Ranch Dressing Taco Sauce Ketchup Mustard</p> | <p>May - 13</p> <p>Bagel, String Cheese, & Sunflower Seeds Italian Deli Sub on a French Roll Turkey & Cheddar Sandwich</p> <p>-- SIDES -- 1st Fresh Fruit, 1/2 Cup Celery Sticks, Six 1/2" x 4" Sticks Sweet Peas</p> <p>--CONDIMENTS-- Ranch Dressing Taco Sauce Ketchup Mustard</p> | <p>May - 14</p> <p>Farmers Market Tuna Salad and Roll Southwest Vegetarian Taco Salad & Chips, GF Asian Chicken Wrap</p> <p>-- SIDES -- 1st Fresh Fruit, 1/2 Cup Broccoli Florets, 1.2 oz Cucumber Sticks 2.7 oz</p> <p>--CONDIMENTS-- Ranch Dressing Taco Sauce Ketchup Mustard</p> |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

***** - denotes combined nutrient totals with either missing or incomplete nutrient data.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

NUTRITION SERVICES
COLD LUNCH MENU, GRADES K-8
LUNCHMASTER SCHOOL LUNCH PROGRAM

May 2021

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|---|
| May - 17 Sunbutter & Jelly Sandwich Chef Salad and Roll Turkey & Cheddar Sandwich -- SIDES -- 1st Fresh Fruit, 1/2 Cup Baby Carrots 2.5 oz Weight Edamame, Shelled, No Pods, Only Beans 3.1oz --CONDIMENTS-- Ranch Dressing Taco Sauce Ketchup Mustard | May - 18 Yogurt Berry Parfait with a Muffin Turkey, Bacon, Cheddar on Dutch Crunch Chicken Caesar Salad with Roll -- SIDES -- 1st Fresh Fruit, 1/2 Cup icama and Lime Cherry Tomatoes 2.7 oz --CONDIMENTS-- Ranch Dressing Taco Sauce Ketchup Mustard | May - 19 Pastrami and Swiss on a French Roll Veggie Nugget Wrap Santa Fe Chicken Salad, GF -- SIDES -- 1st Fresh Fruit, 1/2 Cup Baby Carrots 2.5 oz Weight Celery Sticks & Cucumber Coins 2.3 oz --CONDIMENTS-- Ranch Dressing Taco Sauce Ketchup Mustard | May - 20 Taco Wrap Italian Market Salad Vegetarian Picnic Box -- SIDES -- 1st Fresh Fruit, 1/2 Cup Celery Sticks, Six 1/2" x 4" Sticks Sweet Peas --CONDIMENTS-- Ranch Dressing Taco Sauce Ketchup Mustard | May - 21 Ham & Cheddar on Dutch Crunch Mediterranean Bistro Box Hummus and Pita Bread with Roasted Chickpeas -- SIDES -- 1st Fresh Fruit, 1/2 Cup Broccoli Florets, 1.2 oz Baby Carrots 2.5 oz Weight --CONDIMENTS-- Ranch Dressing Taco Sauce Ketchup Mustard Mayonnaise Soy Sauce Packet |
| May - 24 Chicken Bacon Ranch Wrap Asian Chicken Salad Sunbutter & Jelly Sandwich -- SIDES -- 1st Fresh Fruit, 1/2 Cup Baby Carrots 2.5 oz Weight Edamame, Shelled, No Pods, Only Beans 3.1oz --CONDIMENTS-- Ranch Dressing Taco Sauce Ketchup Mustard | May - 25 Artisan Cheese and Fruit Platter Chipotle Bean Wrap Turkey & Pepperjack on Dutch Crunch -- SIDES -- 1st Fresh Fruit, 1/2 Cup Jicama and Lime Cherry Tomatoes 2.7 oz --CONDIMENTS-- Ranch Dressing Taco Sauce Ketchup Mustard | May - 26 Turkey & Cheddar Sandwich Picnic Box Yogurt Berry Parfait with a Muffin -- SIDES -- 1st Fresh Fruit, 1/2 Cup Baby Carrots 2.5 oz Weight Celery Sticks & Cucumber Coins 2.3 oz --CONDIMENTS-- Ranch Dressing Taco Sauce Ketchup Mustard | May - 27 Chicken Bacon Ranch Wrap Farmers Market Chicken Salad and Roll Bagel, String Cheese, & Sunflower Seeds -- SIDES -- 1st Fresh Fruit, 1/2 Cup Celery Sticks, Six 1/2" x 4" Sticks Sweet Peas --CONDIMENTS-- Ranch Dressing Taco Sauce Ketchup Mustard | May - 28 Pastrami and Swiss on a French Roll Chef Salad and Roll Egg Salad Sandwich -- SIDES -- 1st Fresh Fruit, 1/2 Cup Broccoli Florets, 1.2 oz Cucumber Sticks 2.7 oz --CONDIMENTS-- Ranch Dressing Taco Sauce Ketchup Mustard |

***N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient.**

*** - denotes combined nutrient totals with either missing or incomplete nutrient data.**

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

NUTRITION SERVICES
COLD LUNCH MENU, GRADES K-8
LUNCHMASTER SCHOOL LUNCH PROGRAM

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---------|-----------|----------|--------|
| <p>May - 31</p> <p>Turkey & Cheddar Sandwich Hummus and Pita Bread with Roasted Chickpeas Chicken Salad on a French Roll</p> <p>-- SIDES --</p> <p>1st Fresh Fruit, 1/2 Cup Baby Carrots 2.5 oz Weight Edamame, Shelled, No Pods, Only Beans 3.1oz</p> <p>--CONDIMENTS--</p> <p>Ranch Dressing Taco Sauce Ketchup Mustard</p> | | | | |

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient.*

** - denotes combined nutrient totals with either missing or incomplete nutrient data.*

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.