



What's on the Menu?



Bridge May Lunch Menu

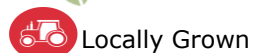
Staff Price \$5.45

Monday	Tuesday	Wednesday	Thursday	Friday
2	3			1
				Barbecue Rib Sandwich ½ Cup of Savory Green Beans Gluten free bun
Week 2: 1) Hot 2) Ham and Cheese Sandwich includes 1 cup of fruit and 1 cup of vegetable				
4	5	6	7	8
Macaroni and Cheese ½ Cup Savory Steamed Green Beans 1 Whole Grain Dinner Roll Gluten free pasta 	Beef Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn Corn Tortilla Chips 	Breaded Drumstick ½ Cup Steamed Baby Carrots 1 Whole Grain Dinner Roll Unbreaded chicken and gluten free bun 	Classic Cheese Pizza ½ 1 Cup Caesar Salad Gluten free dough 	Classic Cheeseburger ½ Cup Tatar Tots Gluten free bun
Week 3: 1) Hot Lunch 2) Turkey and Cheese Sandwich includes 1 cup of fruit or 1 cup of vegetable				
11	12	13	14	15
Italian Beef Meatball Sub ½ Cup Steamed Broccoli Gluten free bun 	Beef Nachos Shredded Romaine Fresh Diced Tomatoes Salsa and Sour Cream ½ Cup Refried Beans Gluten free 	Mashed Potato and Chicken Bowl with Shredded Cheddar and Chicken Gravy 1 Whole Grain Dinner Roll Unbreaded chicken and gluten free bun 	Pepperoni Pizza ½ Cup Green Beans Gluten free dough 	Whole Grain Crispy Chicken Tenders ½ Cup Steamed Baby Carrots 1 Whole Grain Dinner Roll Unbreaded chicken and gluten free bun
Week 4: 1) Hot Lunch 2) Chicken Caesar Salad with Two Warm Dinner Rolls includes 1 cup of fruit or 1 cup of vegetable				
18	19	20	21	22
Chicken Parmesan Sandwich ½ Cup Steamed Green Beans Gluten free bun and unbreaded chicken 	Cheese Quesadilla Salsa and Sour Cream ½ Cup Golden Steamed Corn Gluten free Grilled Cheese 	4 Glazed Chicken Wings ½ Cup of Baby Carrots 2 Whole Grain Dinner Roll Gluten free bun 	Classic Cheese Pizza ½ Cup of Steamed Broccoli Gluten free dough 	The Perfect Sloppy Joe ½ Cup Herb Roasted Potatoes Gluten free bun
Week 4: 1) Hot Lunch 2) Chicken Ranch Wrap includes 1 cup of fruit or 1 cup of vegetable				
25	26	27	28	29
 MEMORIAL DAY REMEMBERING & HONORING ALL WHO SERVED	Chicken Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn Corn Tortilla Chips 	Chicken Nuggets ½ Cup Steamed Broccoli 1 Whole Grain Dinner Roll Unbreaded chicken and gluten free bun 	Pepperoni Pizza 1 Cup Garden Salad Gluten free dough 	Whole Grain Baked Ziti One Whole Grain Dinner Roll ½ Cup Savory Green Beans Gluten free Pasta
Week 5: Pepperoni Pizza includes 1 cup of fruit and 1 cup of vegetables				
Fresh Fruit and Vegetable Bar (Available Daily)				
Fresh Sliced Cucumber Fresh Baby Carrots Fresh Whole Fruit Assorted Chilled Fruit	Fresh Pepper Strips Fresh Grape Tomatoes Fresh Whole Fruit Assorted Chilled Fruit	Fresh Caesar Salad German Potato Salad Fresh Whole Fruit Assorted Chilled Fruit	Fresh Broccoli Fresh Garbanzo Beans Fresh Whole Fruit Assorted Chilled Fruit	Green Peas Fresh Celery Sticks Fresh Whole Fruit Assorted Chilled Fruit



THE 5 MEAL COMPONENTS FOR A SCHOOL LUNCH ARE MEAT/MEAT ALTERNATE, GRAIN, 1 CUP FRUIT, 1 CUP VEGETABLE AND MILK CHOICES THAT INCLUDE 1% WHITE, FAT FREE WHITE AND FAT FREE CHOCOLATE.

CHOOSE AT ATLEAST 3 INCLUDING : 1/2 CUP OF FRUIT OR VEGETABLE AND AT LEAST TWO OTHER FULL COMPONENTS. FOR BEST NUTRITION: CHOOSE ALL 5!!!



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your menu!

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