

## FRIENDSHIP CENTER MENU MAY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1-May	2-May	3-May
		Pork Pozole Whole Grain Tortilla Chips Fiesta Coleslaw Melon  1% Plain Milk	Chicken Fajita Tacos WG Brown Rice Pinto Beans Orange  1% Plain Milk	Lemon Herb Roasted Fish WG Brown Rice Spring Roasted Vegetables Orange  1% Plain Milk
6-May	7-May	8-May	9-May	10-May
Beef Stew Whole Grain Roll Cucumber Melon Salad  1% Plain Milk	WG Vegetable Lasagna Carrot Salad Applesauce  1% Plain Milk	Chicken Cacciatore WG Polenta Roasted Vegetables Banana  1% Plain Milk	Beef & Broccoli WG Noodle Bowl Stir Fry Veggies Tangerine  1% Plain Milk	Roasted Chicken WG Cornbread Potato Wedges Chopped Salad Strawberries 1% Plain Milk
13-May	14-May	15-May	16-May	17-May
Shepherd's Pie Whole Grain Biscuit Green Beans Orange  1% Plain Milk	Navy Bean Soup Whole Grain Rolls Kale & Apple Salad Strawberries  1% Plain Milk	Orange Chicken WG Brown Rice Stir Fry Veggies Apple Crumble  1% Plain Milk	Roast Turkey Whole Grain Stuffing Broccoli Stuffed Baked Potato Strawberries  1% Plain Milk	Chicken Chile Verde WG Cilantro Lime Rice Mandarin Orange Slaw  1% Plain Milk
20-May	21-May	22-May	23-May	24-May
Macaroni & Cheese Whole Grain Breadstick Steamed Broccoli Pear  1% Plain Milk	Beef Stroganoff Buttered Noodles Whole Grain Roll Steamed Carrots Strawberreis 1% Plain Milk	Chicken Gumbo WG Brown Rice Pear Crumble  1% Plain Milk	Beef Taco Plate WG Brown Rice Pinto Beans Fruit Salsa  1% Plain Milk	BBQ Chicken WG Pasta Primavera Carrot & Pineapple Salad  1% Plain Milk
27-May	28-May	29-May	30-May	31-May
Spaghetti & Meatballs Whole Grain Breadstick Zucchini Fruit Salad  1% Plain Milk	Chicken Stew Whole Wheat Roll Pineapple & Carrot Salad  1% Plain Milk	Pork Adobado Tacos WG Brown Rice Pico De Gallo Orange  1% Plain Milk	Chicken Pasta Alfredo WG Steamed Broccoli Pear Crumble  1% Plain Milk	Greek Salad Whole Grain Pita Watermelon  1% Plain Milk

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