

May 2021  
 NY/NJ Region Menu - Lunch



LUNCH				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Roasted Chicken &amp; Gravy</b> Brown Rice (K-8: 1/2 cup; 9-12: 1 cup) Mashed Potatoes (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	<b>Chipotle Chicken Sandwich</b> Carrot Fries (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	<b>Chili Mac &amp; Cheese</b> Assorted Fruit Skim/1% Milk	<b>Cheesy Turkey Baked Ziti</b> Seasoned Broccoli (1/2 cup) Assorted Fruit Skim/1% Milk	<b>Pizza</b> Stir-Fried Green Beans (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk
<b>Lemon Chicken with Carrots</b> Steamed Broccoli (3/4 cup) Brown Rice (K-8: 1/2 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	<b>Beef Hamburger</b> Tater Tots (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	<b>Chicken Salad Sandwich</b> <b>Harvest of Month: Quickles</b> (K-8: 1/2 cup; 9-12: 3/4 cup) Assorted Fruit Skim/1% Milk	<b>Whole Grain Chicken Nuggets</b> Black Bean & Corn Salad (K-8: 3/4 cup; 9-12: 1 cup) Dinner Roll (9-12 ONLY) Assorted Fruit Skim/1% Milk	<b>BBQ Chicken Sandwich</b> Carrot Fries (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk
<b>Beef Hot Dog</b> Tater Tots (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	<b>Pizza</b> Stir-Fried Green Beans (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	<b>Rotini with Turkey Bolognese</b> Seasoned Broccoli (1/2 cup) Assorted Fruit Skim/1% Milk	<b>Teriyaki Chicken</b> Brown Rice (K-8: 1/2 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	<b>Chili Mac &amp; Cheese</b> Assorted Fruit Skim/1% Milk
<b>Whole Grain Chicken Nuggets</b> Black Bean & Corn Salad (K-8: 3/4 cup; 9-12: 1 cup) Dinner Roll (9-12 ONLY) Assorted Fruit Skim/1% Milk	<b>BBQ Chicken Sandwich</b> Carrot Fries (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	<b>Beef Hamburger</b> Tater Tots (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	<b>Chicken Salad Sandwich</b> <b>Harvest of Month: Quickles</b> (K-8: 1/2 cup; 9-12: 3/4 cup) Assorted Fruit Skim/1% Milk	<b>Lemon Chicken with Carrots</b> Steamed Broccoli (3/4 cup) Brown Rice (K-8: 1/2 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk
<b>Roasted Chicken &amp; Gravy</b> Brown Rice (K-8: 1/2 cup; 9-12: 1 cup) Mashed Potatoes (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk				

This institution is an equal opportunity provider.

NOTE: Menu subject to change

Average Cost