

Common Ground
002 - COMMON GROUND HS
LUNCH MAY 2017

Monday	Tuesday	Wednesday	Thursday	Friday
May - 1 MEATBALL SUB* CHICKEN PARM SANDWICH MEATLESS "MEATBALLS" SUB* *CHIPS,BAKED LAYS SALAD,TOSSED SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *SOUP VEGGIE GUMBO	May - 2 TUNA SALAD SANDWICH 2* EGG SALAD SANDWICH *CHIPS,BAKED LAYS SALAD,TOSSED SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *SOUP VEGGIE GUMBO	May - 3 *BEEF HOT DOG WITH BUN* *GARDENBURGERS* BAKED BEANS (VEGETARIAN) *CHIPS,BAKED LAYS SALAD,TOSSED SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *SOUP VEGGIE GUMBO	May - 4 CHICKEN PARM SANDWICH VEGGIE CHICKEN CUTLETTTE PASTA SALAD SALAD,TOSSED SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *SOUP VEGGIE GUMBO	May - 5 *STEAK & CHEESE WRAPS *HUMMUS WRAP* SALAD,TOSSED SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *SOUP VEGGIE GUMBO
May - 8 *HAMBURGER ON A BUN VEGGIE BURGER W/BUN *CHIPS,BAKED LAYS SALAD,TOSSED SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *SOUP VEGGIE GUMBO	May - 9 *HAM & CHEESE SANDWICH* *GRILLED CHEESE SANDWICH* ROASTED TOMATO SOUP SALAD,TOSSED SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	May - 10 *AMERICAN CHOP SUEY VEGGIE* *CIABATTA ROLLS SALAD,TOSSED SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *SOUP VEGGIE GUMBO	May - 11 *CHICKEN & RICE* VEGETABLE "FRIED" RICE* *CIABATTA ROLLS SALAD,TOSSED SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *SOUP VEGGIE GUMBO	May - 12 TACO,BEEF TOFU & BLACK BEAN TACOS NACHO CHEESE SAUCE SALAD,TOSSED SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *SOUP VEGGIE GUMBO
May - 15 *BAKED ZITI* *CIABATTA ROLLS SALAD,TOSSED SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *SOUP VEGGIE GUMBO PARMESAN CHEESE	May - 16 TUNA SALAD SANDWICH 2* EGG SALAD SANDWICH *CHIPS,BAKED LAYS SALAD,TOSSED SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *SOUP VEGGIE GUMBO	May - 17 TURKEY AND DRESSING SUPREM *RICE,Brown, cooked* VEGETABLE JAMBALAYA SALAD,TOSSED SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *SOUP VEGGIE GUMBO	May - 18 SCALLOPED POTATO WITH HAM SCALLOPED POTATOES *GREEN BEANS SALAD,TOSSED SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *SOUP VEGGIE GUMBO *CIABATTA ROLLS	May - 19 TACO BURGER W/PORK VEGETABLE BURRITO COLE SLAW SALAD,TOSSED SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *SOUP VEGGIE GUMBO

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.

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002 - COMMON GROUND HS
LUNCH MAY 2017

Apr 29, 2017

Monday	Tuesday	Wednesday	Thursday	Friday
May - 22 SPAGHETTI AND MEAT SAUCE QUINOA STUFFED PEPPERS *CIABATTA ROLLS SALAD, TOSSED SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *SOUP VEGGIE GUMBO	May - 23 *CHICK ON BUN* VEGGIE BURGER W/BUN *CORN SPANISH RICE SALAD, TOSSED SALAD DRESSING *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *SOUP VEGGIE GUMBO	May - 24 BEEF QUESADILLAS VEGETABLE QUESADILLA ROASTED TOMATO SOUP SALAD, TOSSED SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	May - 25 TURKEY AND DRESSING SUPREM VEGGIE BURGER W/BUN *CHIPS, BAKED LAYS SALAD, TOSSED SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *SOUP VEGGIE GUMBO	May - 26 PORK TENDERLOIN * VEGGIE BURGER W/BUN PASTA SALAD *CIABATTA ROLLS SALAD, TOSSED SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *SOUP VEGGIE GUMBO
May - 29 MEMORIAL DAY	May - 30 *CHICK ON BUN* VEGGIE BURGER W/BUN *CHIPS, BAKED LAYS SALAD, TOSSED SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *SOUP VEGGIE GUMBO	May - 31 *BEEF HOT DOG WITH BUN* *HAMBURGER ON A BUN VEGGIE BURGER W/BUN BAKED BEANS (VEGETARIAN) PASTA SALAD *CHIPS, BAKED LAYS SALAD, TOSSED SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*		

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