

Common Ground

LUNCH may 2018

May 3, 2018

Monday	Tuesday	Wednesday	Thursday	Friday
	May - 1 PULLED TURKEY SANDWICHES SPANAKOPITA PASTA, WHOLE GRAIN SALAD BAR SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	May - 2 MEATBALL SUB* MEATLESS "MEATBALLS" SUB* *CHIPS,BAKED LAYS SALAD BAR SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *CARROT STICKS*	May - 3 RANCH POTATO WEDGES MEAT BALLS SALAD BAR SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *CIABATTA ROLLS SOUR CREAM FAT FREE CHEESE SAUCE	May - 4 PULLED PORK SANDWICHES* PULLED TURKEY SANDWICHES HUMMUS POTATO SALAD COLE SLAW SALAD BAR SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *CIABATTA ROLLS
May - 7 *BAKED ZITI* PARMESAN CHEESE *CIABATTA ROLLS SALAD BAR SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	May - 8 *HUMMUS WRAP* *STEAK & CHEESE WRAPS SALAD BAR SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *CHIPS,BAKED LAYS	May - 9 *HAMBURGER ON A BUN VEGGIE BURGER W/BUN BAKED BEANS (VEGETARIAN) SALAD BAR SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	May - 10 PORK CHOPS WITH APPLE JUICE VEGGIE CHICKEN CUTLETTTE *APPLESAUCE PASTA SALAD SALAD BAR SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *CIABATTA ROLLS	May - 11 BAKED CHICKEN MAC & CHEESE BAKED BEANS (VEGETARIAN) CORNBREAD SALAD BAR SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*
May - 14 TUNA SALAD SANDWICH 2* EGG SALAD SANDWICH PASTA SALAD SALAD BAR SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *CHIPS,BAKED LAYS	May - 15 CHILI CON CARNE W/ BEANS *FRENCH FRIES SALAD BAR SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* CHEESE SAUCE SOUR CREAM FAT FREE	May - 16 SAUSAGE AND PEPPER SUB* VEGGIE CHICKEN CUTLETTTE *ONION RINGS SALAD BAR SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *CIABATTA ROLLS	May - 17 *EGG & CHEESE OMELETTE* *HAM SALAD RANCH POTATO WEDGES WHOLE WHEAT BAGEL SALAD BAR SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	May - 18 *BEEF HOT DOG WITH BUN* TOFU DOG W/BUN *CHIPS,BAKED LAYS BAKED BEANS (VEGETARIAN) SALAD BAR SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*

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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May - 21 TUNA SALAD SANDWICH 2* EGG SALAD SANDWICH *CHIPS,BAKED LAYS SALAD BAR SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE*	May - 22 BARBECUED CHICKEN VEGGIE CHICKEN CUTLETTTE PASTA PRIMAVERA SALAD BAR SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	May - 23 SPAGHETTI AND MEAT SAUCE VEGGIE SPAGHETTI* *CIABATTA ROLLS SALAD BAR SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* PARMESAN CHEESE	May - 24 SW TURKEY BURGERS VEGGIE BURGER W/BUN POTATO SALAD SALAD BAR SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	May - 25 CHICKEN FAJITAS VEGGIE "BEEF" TACOS SPANISH RICE SALAD BAR SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* SALSA CHEESE SAUCE
May - 28 MEMORIAL DAY	May - 29 SALAD BAR SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	May - 30 SALAD BAR SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	May - 31 SALAD BAR SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	

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