



# Week 31

## Daily Lunch Menu Schedule

### April & May 2024

Monday 04/29		Tuesday 04/30		Wednesday 05/01		Thursday 05/02		Friday 05/03	
Scoop Size		Scoop Size		Scoop Size		Scoop Size		Scoop Size	
3 oz	Ground Turkey Picadillo w/ Chickpeas	1 Ea	Salisbury Steak	3 Oz	Arroz con Pollo	3 Ea	Fish Sticks	4 Ea	Mini Beef Taquitos
#12	Roasted Carrots	#8	Capri Blend	#12	Peas & Carrots	#12	Sweet Potato	#12	Ranchero Beans
#8	Green Beans	#12	Black Beans	#8	Roasted Potatoes	#8	Italian Green Beans	#10	Mexican Rice
1 Ea	Wheat Bread	1 Ea	Wheat Bread	1 Ea	Wheat Bread	1 Ea	Tartar Sauce	1 Ea	Picante Sauce
1 Ea	Fresh Fruit	1 Ea	Nutty Buddy	1 Ea	Fresh Fruit	1 Ea	Cheese Goldfish	1 Ea	Fruit Cup
1 Ea	Milk	1 Ea	Milk	1 Ea	Milk	1 Ea	Milk	1 Ea	Milk

**MENU SUBJECT TO CHANGE DUE TO PRODUCT AVAILABILITY**

The above menu meets the current DRI's and Adequate Intake (AI) of the US Dietary Guidelines for American with a minimum of 33.4% RDA as established by the Food and Nutrition Board of the Institute of Medicine of the National Academy of Sciences. Menu adheres to basic rationals of Regular, High Fiber, Low Salt, Low Fat/Cholesterol, Low Sugar Diet.

Milk is 1% and all fruits are in Natural Juice or are Fresh. Frozen Meals Plan Menu for Saturday and Sunday will vary and meet the RDA and DRI requirements.

Approved By: \_\_\_\_\_ *Joyce Lamilla, RD/LD*

Date: September 1, 2023



**Week 32**  
**Daily Lunch Menu Schedule**  
**May 2024**

Monday 05/06		Tuesday 05/07		Wednesday 05/08		Thursday 05/09		Friday 05/10	
Scoop Size		Scoop Size		Scoop Size		Scoop Size		Scoop Size	
3 Oz	Orange Chicken	3 Ea	Meatballs w/ Brown Gravy	3 Oz	Smoked Chopped Brisket	6 Ea	Mini Corn Dogs	1 Ea	Fish Fillet
#12	White Rice	#12	Baked Beans	#12	Macaroni & Cheese	#10	Seasoned Corn	#10	Mashed Sweet Potatoes
#8	Garlic Green Beans	#10	Campefino Vegetables	#8	Candied Baby Carrots	#12	Green Peas	#12	Mixed Vegetables
		1 Ea	Wheat Bread	1 Ea	Wheat Bread	1 Ea	Mustard	1 Ea	Tartar Sauce
1 Ea	Fresh Fruit	1 Ea	Goldfish Pretzels	1 Ea	Fresh Fruit	1 Ea	Snickerdoodles	1 Ea	Gelatin
1 Ea	Milk	1 Ea	Milk	1 Ea	Milk	1 Ea	Milk	1 Ea	Milk

**MENU SUBJECT TO CHANGE DUE TO PRODUCT AVAILABILITY**

The above menu meets the current DRI's and Adequate Intake (AI) of the US Dietary Guidelines for American with a minimum of 33.4% RDA as established by the Food and Nutrition Board of the Institute of Medicine of the National Academy of Sciences. Menu adheres to basic rationals of Regular, High Fiber, Low Salt, Low Fat/Cholesterol, Low Sugar Diet.

Milk is 1% and all fruits are in Natural Juice or are Fresh. Frozen Meals Plan Menu for Saturday and Sunday will vary and meet the RDA and DRI requirements.

Approved By: \_\_\_\_\_ *Joyce Lamilla, RD/LD*

Date: September 1, 2023



**Week 33**  
**Daily Lunch Menu Schedule**  
**May 2024**

Monday 05/13		Tuesday 05/14		Wednesday 05/15		Thursday 05/16		Friday 05/17	
Scoop Size		Scoop Size		Scoop Size		Scoop Size		Scoop Size	
1 Ea	BBQ Riblets	3 Ea	Chicken Strips	3 oz	Bistek Ranchero	1 Ea	Breaded Pork Patty	4 Ea	Mini Chicken Taquitos
#12	Mashed Potatoes	#10	Black Beans w/ Onions	#8	Roasted Potatoes	#8	Mixed Vegetables	#8	Mexican Rice
#8	Southern Green Beans	#12	Seasoned Corn	#12	Capri Blend	#12	Ranchero Beans	#12	Refried Beans
1 Ea	Wheat Bread	1 Ea	Ketchup	1 Ea	Wheat Bread	#20	Gravy	1 Ea	Sour Cream
1 Ea	Fresh Fruit	1 Ea	Chocolate Pudding	1 Ea	Fresh Fruit	1 Ea	Applesauce	1 Ea	Graham Crackers
1 Ea	Milk	1 Ea	Milk	1 Ea	Milk	1 Ea	Milk	1 Ea	Milk

**MENU SUBJECT TO CHANGE DUE TO PRODUCT AVAILABILITY**

The above menu meets the current DRI's and Adequate Intake (AI) of the US Dietary Guidelines for American with a minimum of 33.4% RDA as established by the Food and Nutrition Board of the Institute of Medicine of the National Academy of Sciences. Menu adheres to basic rationals of Regular, High Fiber, Low Salt, Low Fat/Cholesterol, Low Sugar Diet.

Milk is 1% and all fruits are in Natural Juice or are Fresh. Frozen Meals Plan Menu for Saturday and Sunday will vary and meet the RDA and DRI requirements.

Approved By: \_\_\_\_\_ *Joyce Lamilla, RD/LD*

Date: September 1, 2023



# Week 34

## Daily Lunch Menu Schedule

### May 2024

Monday 05/20		Tuesday 05/21		Wednesday 05/22		Thursday 05/23		Friday 05/24	
Scoop Size		Scoop Size		Scoop Size		Scoop Size		Scoop Size	
3 Ea	Meatballs w/ Marinara Sauce	3 Ea	Mini Chicken Cordon Bleu	3 Oz	Pollo con Calabaza	3 Ea	Beef Fingers	1 Ea	Breaded Chicken Patty
#8	Spaghetti w/ Peas	#12	Mashed Potatoes	#8	Fluffy Rice	#10	Campefino Vegetables	#8	Mixed Vegetables
#12	California Blend	#8	Capri Blend	#10	Roasted Carrots	#12	Ranchero Beans	#12	Baked Beans
1 Ea	Wheat Bread	#20	Gravy	1 Ea	Wheat Bread	#20	Gravy	#20	Gravy
1 Ea	Fresh Fruit	1 Ea	Fudge Round Cookie	1 Ea	Fresh Fruit	1 Ea	Yogurt	1 Ea	Chocolate Chip Cookies
1 Ea	Milk	1 Ea	Milk	1 Ea	Milk	1 Ea	Milk	1 Ea	Milk

**MENU SUBJECT TO CHANGE DUE TO PRODUCT AVAILABILITY**

The above menu meets the current DRI's and Adequate Intake (AI) of the US Dietary Guidelines for American with a minimum of 33.4% RDA as established by the Food and Nutrition Board of the Institute of Medicine of the National Academy of Sciences. Menu adheres to basic rationals of Regular, High Fiber, Low Salt, Low Fat/Cholesterol, Low Sugar Diet.

Milk is 1% and all fruits are in Natural Juice or are Fresh. Frozen Meals Plan Menu for Saturday and Sunday will vary and meet the RDA and DRI requirements.

Approved By: \_\_\_\_\_ *Joyce Lamilla, RD/ND*


Date: September 1, 2023



# Week 35

## Daily Lunch Menu Schedule

# May 2024

Monday 05/27		Tuesday 05/28		Wednesday 05/29		Thursday 05/30		Friday 05/31	
Scoop Size		Scoop Size		Scoop Size		Scoop Size		Scoop Size	
	 <p><b>REMEMBER AND HONOR MEMORIAL DAY</b></p>	3 Oz	Chicken Fajita	3 Oz	Ground Beef Picadillo	4 Ea	Mini Beef Taquitos	2 Ea	Chicken Tenders
		#8	Roasted Potatoes	#8	Roasted Carrots	#8	Ranchero Beans	#12	Seasoned Corn
		#12	Capri Blend	#12	Green Beans	#12	Mexican Rice	#8	Black Beans
		1 Ea	Wheat Bread	1 Ea	Wheat Bread	1 Ea	Picante Sauce	1 Ea	Ketchup
		1 Ea	Fresh Fruit	1 Ea	Oatmeal Raisin Cookies	1 Ea	Fresh Fruit	1 Ea	Fruit Cup
		1 Ea	Milk	1 Ea	Milk	1 Ea	Milk	1 Ea	Milk

**MENU SUBJECT TO CHANGE DUE TO PRODUCT AVAILABILITY**

The above menu meets the current DRI's and Adequate Intake (AI) of the US Dietary Guidelines for American with a minimum of 33.4% RDA as established by the Food and Nutrition Board of the Institute of Medicine of the National Academy of Sciences. Menu adheres to basic rationals of Regular, High Fiber, Low Salt, Low Fat/Cholesterol, Low Sugar Diet.

Milk is 1% and all fruits are in Natural Juice or are Fresh. Frozen Meals Plan Menu for Saturday and Sunday will vary and meet the RDA and DRI requirements.

Approved By: \_\_\_\_\_ *Joyce Lamilla, RD/ND*

Date: September 1, 2023