May 2012 Calendar. PALOUSE PRAIRIE SCHOOL LUNCH by Gladish Commercial Kitchen
CHILD NAME: _____

◄ April			~ May 2012 ~			June ►
Sun	**Mon**	**Tue**	**Wed**	**Thu**	**Fri**	**Sat**
	Breakfast for lunch: Egg/ham/cheese muffin Fruit Veggies Choc chip cookie	**1** Spaghetti/meat sauce/shr. Cheese tossed green salad french bread fruit	**2** Tuna fish sandwich Fresh veggies Muffin square fruit	**3** Bowtie pasta/turkey Veggies Roll Fruit	**4** Bean burritos/cheese Shredded veggies salsa cookie Fruit V	**5**
6	**7** Hamburger/bun Roasted potatoes Fresh fruit Choc chip cookie	**8** Yakisoba noodles/ veggies/beef Fruit Roll	**9** Grilled cheese Vegetarian soup Fruit Roll Sugar cookie V	**10** Red beans/rice Ham Corn bread Fruit **GF option: rice crackers for corn bread**	**11** Hot dogs in blanket Corn Fruit Oat meal cookie	**12**
13	**14** Breakfast for lunch: Scrambled eggs Breakfast sausage Cinnamon bread Fruit Veggie sticks	**15** Taco w/ meat filling Refried beans Shr cheese/ salsa Corn cookie	**16** Mac n cheese Green beans fruit Fruit muffin square V	**17** Turkey/cheese sandwich Hummus/chips Fruit/ sugar cookie V = no meat, extra cheese	**18** Cold pasta/veggie salad Hard boiled egg Fruit Roll V	**19**
20	**21** Hamburger/bun Roasted potatoes Fresh fruit Choc chip cookie	**22** Chicken drumsticks Cheesy orzo Veggies Fruit roll	**23** Meat lasagna Tossed green salad Breadsticks fruit	**24** Beef chili/beans Baked potato Shredded cheese Roll Fruit GF (w/ rice cracker sub.)	**25** LAST DAY OF SCHOOL Egg salad sandwich Veggie soup Fruit Choc lentil cake V	**26**
27	**28** No School	**29** No School	**30** No School	**31** No School	**Notes:**	

Notes: *** GF = gluten free * V = vegetarian * "w/w" = whole wheat.**

CHOICE DELI BOARD – gluten free sliced deli meat (low-fat ham or turkey or chicken); cheese; yogurt-fruit smoothie; vegetables; rice crackers. rice krispy treat. Other items may rotate into the Deli Board ..

CHOICE SANDWICH PACK – Vegetarian. Almond butter OR sunflower seed butter and jam sandwich on whole wheat white bread; yogurt-fruit smoothie; vegetables, cheese and whole wheat crackers. rice krispy treat or cookie or muffin. Other items may rotate into the Sandwich Pack.