

Vanguard Menu

Monday, May 6	Tuesday, May 7	Wednesday, May 8	Thursday, May 9	Friday, May 10
1. Beef Pad Thai 19.2g brown rice 35g , Kyoto Vegetables 9.3g 2. Pretzel 30g w/ cheese sauce 1g Pineapple 16.6g	1. Cici's Pizza see list 2. Walking Nachos -see list Applesauce 11.5g	1. Hamburger 28g or Cheeseburger 29g Waffle fries 22.5g 2. Cheese Quesadilla 32g , Salsa 3g , Pears 18.9g	1. Cici's Pizza see list 2. Stuffed Cheese Stick 34g Salad 1.8g Mandarin Oranges 20.1g	1. Chef Choice 2. Chicken LT 39.8g Crinkle fries 15.4g Baked beans 36.2g
Monday, May 13	Tuesday, May 14	Wednesday, May 15	Thursday, May 16	Friday, May 17
1. Cheese quesadilla 32g 2. Orange Chicken 38.4g Oriental Vegetables 2.7g brown rice 35g Pineapple 16.6g	1. Cici's Pizza see list 2. Walking Nachos -see list Peaches 18.1g	1. Pretzel 30g w/ cheese sauce 1g 2. Chef choice Strawberries 13.4g	1. Cici's Pizza see list 2. Hot dog 62g Deli potatoes 24.7g Fresh Veg Fresh Fruit	1. Chicken LT 39.8g Crinkle fries 15.4g 2. Chicken & Cheese Quesadilla 32g Salad 1.2g
Monday, May 20	Tuesday, May 21			
1. Pretzel 30g w/ cheese sauce 1g Pears 18.9g 2. Chef choice brown rice 35g Stir Fry vegetables 5.3g Pears 18.9g	1. Cici's Pizza see list 2. Walking Nachos -see list Pineapple 16.6g			

Daily Meals

- A variety of seasonal fruits and veggies are served daily. Apples, salad, baby carrots, and broccoli are offered most days.
- Students must choose 3 food groups, one being fruit or veggie to qualify for reimbursable meals per federal guidelines.
- Carb Counts are listed in [blue](#).
- Menus are subject to change without notice due to item availability and utilization at each school site.

This institution is an equal opportunity provider and employer