**Options Lunch Menu**

The Child Nutrition Department is critical in establishing a healthy school nutrition environment to promote optimum health. Our Child Nutrition employees follow essential worker protocols set by the CDC.

This institution is an equal opportunity provider and employer.

<table>
<thead>
<tr>
<th>Monday, May 6</th>
<th>Tuesday, May 7</th>
<th>Wednesday, May 8</th>
<th>Thursday, May 9</th>
<th>Friday, May 10</th>
</tr>
</thead>
</table>
| 1. Pizza [See List](#)  
2. Assorted sub sandwiches  
Side salad 1.8g  
Mandarin oranges 20.1g  
Rosy applesauce 14.9g | 1. Salisbury steak 4.1g Mashed Potatoes 18.2g/ brown gravy 3.3g  
WW Roll 25.5g  
2. chicken Schnitzel 30g, Tots 14.1g  
Carrots 22.3g  
Pears 19g | 1 Walking Nachos 32.1g, black beans  
22.6g  
2. BBQ beef sandwich 36.7g  
spiral fries 16.9g  
Pineapple 16.6g | 1. Chicken Parm 16.5g  
Spaghetti 42.9g  
garlic bread 15.6g  
Salad 1.8g  
2. pretzel burger 30g  
crinkle fries 15.4g  
Mandarin Oranges 20.1g | 1. Chicken fried steel 14g, mashed potatoes 18.2g, gravy 5.9g  
roll 25.5g  
2. stuffed bread stick 34g, marinara 6.6g  
Broccoli 4.3g  
Peaches 18.1g |
| Monday, May 13 | Tuesday, May 14 | Wednesday, May 15 | Thursday, May 16 | Friday, May 17 |
| 1. Pizza [See List](#)  
2. Beef Pad Thai 19.2g, Midori veg 9.3g  
Brown rice 35g, Asian Dumplings 15.6g  
Mixed Fruit 17.8g | 1. Hamburger 28g/cheeseburger 29g  
Crinkle fries 15.9g  
2. Pork Chop, Mashed Potatoes 18.2g/ gravy 5.9g, WW Roll 25.5g  
Carrots 8.7g  
Applesauce 15g | 1. chef choice  
2. Turkey & cheese sandwich 29.9g  
Black-eyed peas 32.1g  
Pears 19g | 1. Chicken & Noodles 28g, hot roll  
25.5g  
2. Grilled cheese 35g, marinara sauce 6.5g  
Side salad 1.8g  
Peaches 18.1g | 1. Chicken nuggets 16.3g, Chef choice veg, Roll 14g  
2. chicken & Cheese Quesadilla 32g  
Black beans 22.6g  
Mandarin Oranges 20.1g |
| Monday, May 20 | Tuesday, May 21 | 1. Hamburger 28g/cheeseburger 29g  
2. Chef Choice  
Carrots 88g  
Applesauce 15g | 1. Chicken & Noodles 28g, hot roll  
25.5g  
2. Grilled cheese 35g, marinara sauce 6.5g  
Side salad 1.8g  
Peaches 18.1g | This institution is an equal opportunity provider and employer |

**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.
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