## Vanguard Menu

<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. 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.

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This institution is an equal opportunity provider and employer.