


Atonement Lutheran School

MCFI

4K-8 Hot Lunch Menu



May 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 WG Chicken Smackers (10) BBQ Packet Assorted WG Graham Cracker Baby Carrots with Ranch Seasonal Fruit Choice of Milk	3 Turkey Hot Dog on WG Bun Ketchup Packet Vegetarian Baked Beans Seasonal Fruit Choice of Milk	4 WG Cheesy Pull Aparts Steamed Broccoli Seasonal Fruit Choice of Milk	5 CINCO DE MAYO Chicken Tacos with Shredded Cheese on Whole Grain Tortilla Taco Sauce WG Cracker Fiesta Roasted Potatoes Seasonal Lunch Fruit Choice of Milk	6 NO SCHOOL- Professional Development Day
9 Asian Chicken WG Brown Rice WG Cracker Crunchy Broccoli with Ranch Seasonal Fruit Choice of Milk	10 BRUNCH FOR LUNCH Chicken and Waffles Chicken Smackers (5) WG Waffle or Pancake Pouch Syrup Cup and BBQ Packet Yogurt Cup or String Cheese Sunset Sip Juice Seasonal Fruit Choice of Milk	11 Sloppy Joes on WG Bun Steamed Corn Seasonal Fruit Choice of Milk	12 WG Breaded Chicken Breast Fillet BBQ Sauce WG Cornbread with Honey Packet Vegetarian Baked Beans Seasonal Lunch Fruit Choice of Milk	13 Build Your Own Sub Turkey Breast and Cheese, Lettuce on Whole Grain Roll with Mayo Baby Carrots with Ranch Seasonal Fruit Choice of Milk Whole Grain Cookie
16 NO SCHOOL- Professional Development Day	17 BBQ Chicken Salad with Romaine Salad, BBQ Chicken, Cheddar Cheese and Ranch Dressing WG Cornbread with Honey Seasonal Fruit Choice of Milk	18 Salisbury Steak (Beef) with Brown Gravy WG Biscuit with Margarine Mashed Potatoes Seasonal Fruit Choice of Milk	19 Domino's Cheese Pizza Baby Carrots with Ranch Seasonal Fruit Choice of Milk	20 Cheeseburger on WG Bun Ketchup Packet Vegetarian Baked Beans Seasonal Fruit Choice of Milk
23 Non-WG Mac and Cheese (1/3 c) WG Chicken Smackers (5) with BBQ Packet WG Pretzel Breadstick Baby Carrots with Ranch Seasonal Fruit Choice of Milk	24 BBQ Chicken Sandwich on Whole Grain Bun Steamed Corn Seasonal Fruit Choice of Milk	25 BRUNCH FOR LUNCH Chicken Breakfast Sausage, Egg and Cheese Breakfast Sandwich on WG Biscuit Sunset Sip Juice Seasonal Fruit Choice of Milk	26 Beef Nachos with WG Tortilla Chips (1 oz), Shredded Mozzarella Cheese, Shredded Lettuce and Taco Sauce Packet Seasoned Beans Seasonal Lunch Fruit Choice of Milk	27 LAST DAY OF SCHOOL Asian Chicken WG Brown Rice Crunchy Broccoli with Ranch Seasonal Fruit Choice of Milk
30 NO SCHOOL  MEMORIAL DAY	31	MILK FOR SCHOOL: SKIM WHITE LOW FAT WHITE SKIM CHOCOLATE MENU SUBJECT TO CHANGE		

This institution is an equal opportunity provider.



May Nutrition Tip: Child Nutrition Employee Appreciation Week

May contains Child Nutrition Employee Appreciation Week, make sure to show your food staff some extra love this month for all that they do!

Source: schoolnutrition.org

For ideas to celebrate, click the QR Code!

