





<p>May 2023</p> 	<p>MONDAY 1 Cheeseburger Lettuce, tomato, onion Tater Tots Corn Pears Milk</p>	<p>TUESDAY 2 Meatloaf O'Brien Potatoes Garden Veggie Salad Spinach Wheat Bread Pineapple Tidbits Milk</p>	<p>WEDNESDAY 3 Chicken Fajita Tortilla Spanish Rice Squash Blend Watermelon Milk</p>	<p>THURSDAY 4 Roast Beef Mash. Pot./Gravy Spinach Mushroom Salad Green Beans Wheat Roll Fruit Cocktail Milk</p>	<p>FRIDAY 5 Taco Salad/chips Lettuce, Tomato, Cheese, Salsa Refried Beans Banana Dessert Milk</p>	<p>SATURDAY 6</p>
	<p>MONDAY 8 Beef Wellington Oven Brown Potato Zucchini Wheat Bread Cherries Milk</p>	<p>TUESDAY 9 Chicken Strips Pasta Salad Relish Tray Beets Wheat Roll Apricots Milk</p>	<p>WEDNESDAY 10 BBQ Beef Sandwich Baked Beans Carrot/Raisin Salad Mixed Vegetables Cinnamon Apples Milk</p>	<p>THURSDAY 11 Pork Roast Rice Pilaf Tossed Salad Brussels Sprouts Wheat Bread Orange Whip Milk</p>	<p>FRIDAY 12 Baked Fish Wild Rice Blend Peas Wheat Bread Applesauce Milk</p>	<p>SATURDAY 13</p>
	<p>MONDAY 15 Ham/Pasta Salad on Lettuce leaf Marinated Carrots Wheat Bread Mixed Fruit Milk</p>	<p>TUESDAY 16 Spaghetti w/meat sauce Spring Salad Italian Vegetables Garlic Bread Peaches Milk</p>	<p>WEDNESDAY 17 Oven Chicken Mash. Pot./gravy Broccoli Wheat Roll Fruit Cocktail Milk</p>	<p>THURSDAY 18 Salisbury Steak Baked Potato Peas Wheat Bread Pears Milk</p>	<p>FRIDAY 19 Chicken Fried Steak Mash. Pot./Gravy Green beans Wheat Roll Straw. Shortcake Milk</p>	<p>SATURDAY 20</p>
<p>Recommended Serving Sizes 3 oz. meat ½ cup of vegetables ½ cup of fruit 2 servings of bread or complex carbohydrate 1 cup of 2% milk</p>	<p>MONDAY 22 Crab Cakes Macaroni & cheese Asparagus Wheat Bread Peaches Milk</p>	<p>TUESDAY 23 Chicken Parmesan Pasta Tossed Salad Cauliflower Wheat Roll Citrus Fruit Milk</p>	<p>WEDNESDAY 24 Sloppy Jo Tater Tots Strawberry Spinach Salad Mixed Vegetables Cherries Milk</p>	<p>THURSDAY 25 Cheese Pizza w/meat/vegetables Lettuce & Tomato Salad Strawberries Ice Cream Milk</p>	<p>FRIDAY 26 Chicken Salad Sand Potato Salad Cole Slaw Lemon Blueberry Muffin Apricots Milk</p>	
	<p>MONDAY 29 Memorial Day Company Holiday</p> 	<p>TUESDAY 30 Turkey/Noodles Green Beans Wheat Bread Mandarin Oranges Milk</p>	<p>WEDNESDAY 31 Baked Italian Pasta Spring Salad Roasted Asparagus Wheat Roll Grapes & Bananas Tapioca Pudding Milk</p>	<p>LIKE A MEAL? CALL 307-348-7387 BY 9am MORNING OF THE MEAL. THANK YOU! \$5.00/60 AND OVER \$12.00/59 AND UNDER</p>		

