

Hope Charter Vegetarian

May 1 - May 31

# What's Cooking Today?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 W/W Sunrise Egg & Cheese Pocket - 5oz Celery Sticks w/ Dip -3/4c Fresh Apple - 1 Milk-8oz	2 Teriyaki Veggie Chicken Patty on Wheat Bun - 1 Diced Carrots -1c Fresh Banana -1 Milk-8oz	3 W/W Dominos Pizza Slice-1 3 Bean Salad Cup - 3/4c. Fresh Orange-1 Milk - 8oz
6 W/W Mini Cheese Quesadillas - 3 Black Beans - 3/4c. Fresh Apple - 1 Milk-8oz	7 Bean & Cheese Burrito -5oz French Fries - 3/4c. Applesauce Cup - 1/2 c. Milk - 8oz	8 Cheese Lasagna with Spaghetti Sauce-4 oz. Green Beans-3/4c. Whole Wheat Dinner Roll-1 Fresh Banana-1 Milk-8oz	9 <b>BREAKFAST FOR LUNCH</b> French Toast Sticks-3 Veggie Sausage Patty-2 oz. Fresh Baby Carrots w/ Dip-1c. Mixed Fruit Cup -1/2c Milk-8oz	10 W/W Dominos Pizza Slice-1 Romaine Salad w/ Dressing-1.5c. Fresh Orange-1 Milk - 8oz
13 Veggie Chicken Patty - 3oz. Mashed Potatoes-3/4 c. Diced Pear Cup - 1/2c Wheat Dinner Roll-1 Milk-8oz	14 W/G Veggie Nuggets-5 w/ Sweet & Sour Sauce Green Beans-3/4 c. Fresh Apple-1 Whole Grain Bread-1 Milk - 8oz	15 Veggie Burger on a Whole Wheat Bun-1 Diced Carrots-1c. Fresh Banana-1 Milk-8oz	16 Teriyaki Veggie Chicken Patty - 3oz Black Beans - 3/4c Applesauce Cup - 1/2c Whole Grain Bread - 1 Milk-8oz	17 <b>COLD LUNCH/ EARLY DISMISSAL</b>
20 Veggie Chicken Patty on a Whole Wheat Bun-1 Vegetarian Beans - 3/4c Mandarin Orange Cup-1/2 c. Milk-8oz	21 Mini Cheese Quesadilla-3 French Fries - 3/4c. Fresh Apple-1 Milk - 8oz	22 W/W Wow Butter Grape Jelly Jammer - 1 Fresh Baby Carrots w/ Dip-1c. Diced Pear Cup-1/2 c. Milk-8oz	23 Veggie Meatballs W/ Teriyaki Sauce - 3oz. Oriental Mixed Vegetables- 3/4c. Fresh Apple-1 Whole Wheat Dinner Roll-1 Milk-8oz	24 <b>SCHOOL CLOSED</b>
27 <b>Happy Memorial Day!</b> <b>SCHOOL CLOSED</b>	28 Veggie Chicken Patty on Wheat Hamburger Bun - 1 French Fries - 3/4c Fresh Apple-1 Milk-8oz	29 American Cheese on Whole Grain Bread - 1 Fresh Baby Carrots w/ Dip-1c. Diced Pear Cup-1/2 c. Milk-8oz	30 Cheese Pizza Calzone -5oz Celery Sticks w/ Dip - 3/4c. Fresh Banana -1 Milk-8oz	31 W/W Dominos Pizza Slice-1 Romaine Salad w/ Dressing-1.5c. Fresh Orange-1 Milk - 8oz

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