



Menus

May

CENTRAL - ST. MARY'S-Lincoln-Washington-Jr.

This institution is an equal opportunity provider. Menus are subject to change.

Wednesday, May 1

Breakfast
Breakfast in a Bag
Milk

Lunch
Soft Taco
Refried Beans
Cheese w/ Salsa
Corn
Cooks Choice Fruit
Milk

Thursday, May 2

Breakfast
Breakfast in a Bag
Milk

Lunch
Cheeseburger /Bun
Pickle Spear
Oven Potatoes
Cooks Choice Fruit
Milk
Ketchup-Mustard

Friday, May 3

Breakfast
Breakfast in a Bag Milk

Lunch
Deli Sandwich w/ Shredded Lettuce
Mixed Fresh Veggies w/ dip
Cooks Choice Fruit
Chips
Milk
Ketchup-Mustard -Mayo

SAFETY FIRST.

Lightning can strike even if it's not raining and the skies around you are sunny! If you can hear thunder, you could be in danger, so always follow the rule, "If thunder roars, stay indoors" - and not under a tree!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Monday May 6

Breakfast
Breakfast in a Bag
Milk

Lunch
Pulled Pork/ Bun
Cowboy Beans
Cooks Choice Fruit
Milk

Tuesday May 7

Breakfast
Breakfast in a Bag
Milk

Lunch
Cheeseburger /Bun
Oven Potatoes
Cooks Choice Fruit
Milk
Ketchup-Mustard

Wednesday May 8

Breakfast
Breakfast in a Bag
Milk

Lunch
Ham and Turkey
Croissant w/ Lettuce
Cole Slaw
Cooks Choice Fruit
Milk
Ketchup-Mustard-Mayo

Thursday May 9

Breakfast
Breakfast in a bag
Milk

Lunch
Pasta
Cheese Bread Stick
Green Beans
Cooks Choice Fruit
Milk

Friday May 10th

Breakfast
Breakfast in a Bag
Milk

Lunch
Hot Ham & Cheese /Bun
Italian Cooked Carrots
Candy Chip Cookie
Cooks Choice Fruit
Milk
Ketchup-Mustard-Mayo

CINCO de MAYO

Cinco de Mayo (Spanish for "May Fifth") is a time to celebrate Mexican-American food

MOTHER'S DAY SUNDAY, MAY 12



Monday, May 13

Breakfast
Breakfast in a Bag
Milk

Lunch
Hamburger w/Bun
Tomato and Pickle
Green Beans
Cooks Choice Fruit
Milk
Ketchup-Mustard

Tuesday May 14

Breakfast
Breakfast in a Bag
Milk

Lunch
Cheesy Chicken Fajita
w/ Salsa
Lettuce Salad
Cooks Choice Fruit
Milk

Wednesday May 15

Breakfast
Breakfast in a Bag
Milk

Lunch
Turkey, Bacon, Tomato
Sub
Mixed Fresh Veggies w/
dip
Cooks Choice Fruit
Milk
Ketchup-Mustard-Mayo

Thursday May 16

Breakfast
Breakfast in a Bag
Milk

Lunch
Nachos w/ Salsa & Sour
Cream
Corn
Cooks Choice Fruit
Milk

Friday May 17

Breakfast
Breakfast in a Bag
Milk

Lunch
Chicken Salad
Croissant w/ Lettuce
Carrot Sticks w/dip
Cooks Choice Fruit
Milk

