

Center Schools

May Lunch Menu 2023

Monday	Tuesday	Wednesday	Thursday	Friday
May - 1 Hamburgers Parsley Potatoes Salad Bar Fruit Selection	May - 2 C Chicken over Potatoes Golden Corn Whole Wheat Rolls Fruit Selection	May - 3 Corn Dogs FRENCH FRIES Salad Bar Fruit Selection	May - 4 Sloppy Joes Sun Chips Salad Bar Fruit Selection	May - 5
May - 8 Macaroni and Cheese Chili Soup Salad Bar Crackers Fruit Selection	May - 9 Lasagna Salad Bar Bread Sticks Fruit Selection	May - 10 Smothered Burritos Green Chili Salad Bar Fruit Selection	May - 11 Grilled Ham and Cheese Green beans Salad Bar Fruit Selection	May - 12
May - 15 Nacho Supreme Salad Bar Fruit Selection Chocolate Chip Bread	May - 16 Beef Stir Fry Stir Fry Vegetables Tortilla Salad Bar Fruit Selection	May - 17 Pizza BBQ Chicken Wings Salad Bar Fruit Selection	May - 18 Spaghetti Salad Bar French Bread Fruit Selection	May - 19
May - 22 Sub Sandwiches Salad Bar Fruit Selection	May - 23 Cooks Choice	May - 24 Baked Ham Sandwich Green beans Fruit Selection	May - 25 Field Day	May - 26
May - 29	May - 30	May - 31		

This Institution is an equal opportunity provider
 Due to Truck Deliveries Fruit Selection May Change
 Salad Bar Served Daily
 Variety Milk Served Daily

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient.*

** - denotes combined nutrient totals with either missing or incomplete nutrient data.*

NOTICE: *The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.*

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	Average		Weekly Target	% of Target	Average	% of Calories	Weekly Target
Sodium	617* mg		1200		Sugars	10.76* g	12.01%
Fiber	4.86* g		4.50	108%	Protein	17.85* g	19.92%
Iron	2.63* mg		3.70	71%	Carbohyd	45.82* g	51.12%
Vitamin A	628* IU		1277	49%	Tot. Fat	12.24* g	30.72%
					Sat. Fat	4.17* g	10.47%
							11.27
							<=30.0%
							<10.00%

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