



MAY | 2017

Namaste Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Louisiana Red Beans & Rice Roasted Cauliflower Soy Butter & Honey Sandwich & String Cheese	2 Tilapia with Pineapple Chutney Rice Pilaf Corn on the Cob Soy Butter Sandwich w/ String Cheese Vegetarian Stuffed Peppers	3 Turkey Lasagna Fresh Broccoli Salad Soy butter & Honey Sandwich W/ String Cheese Vegetarian Veggie Burger	4 Cajun Free Range Chicken Breast Wheat Roll Fresh Green Beans Soy Butter & Honey Sandwich W/ String Cheese Vegetarian Cajun Tofu	5 Breakfast For Lunch Pancakes Scrambled Eggs Roasted Sweet Potato Fries Soy Butter & Honey Sandwich & String Cheese Alternate Meal Penne Fantastica
8 Spaghetti w/ Turkey & Marinara Sauce Steamed Broccoli Soy Butter & Honey Sand. w/ String Cheese Vegetarian Spaghetti w/ Tofu & Marinara Sauce Free Teachers	9 Tuna Salad Wheat Bun Jicama Soy Butter & Honey Sand. w/ String Cheese Vegetarian Black Bean Burger	10 Beef Stew Barley Glazed Carrots Soy Butter & Honey Sandwich w/ String Cheese Vegetarian Veggie Stew	11 Beef Meatballs in Marinara Sauce On a Sub Bun Corn on the Cob Soy Butter & Honey Sandwich w/ String Cheese Vegetarian Veggie Burger	12 Black Bean Medley And Rice w/ Yogurt & Salsa Roasted Sweet Potatoes Soy Butter & Honey Sandwich w/ String Cheese
15 Turkey Taco Avocado Spinach Salad Soy Butter & Honey Sandwich w/ String Cheese Vegetarian Hot Veggie Wrap	16 Hot Turkey Sandwich Fresh Green Beans Soy Butter Sandwich w/ String Cheese Vegetarian Hot Veggie Wrap	17 Rainbow Cheese Pizza Fresh Broccoli Salad Soy Butter Sandwich w/ String Cheese	18 Turkey Chili Wheat Roll Corn on the Cob Soy Butter & Honey Sandwich & String Cheese Vegetarian Vegetarian Chili with Tofu & Beans	19 Fish Sandwich Sweet Potato Fries Soy Butter & Honey Sandwich w/ String Cheese Veggie Burger
22 Teriyaki Chicken Brown Rice Broccoli Soy Butter & Honey Sandwich w/ String Cheese Teriyaki Tofu Free Teachers	23 Seasoned Tilapia Spaghetti w/ Marinara Sauce Roasted Cauliflower Soy Butter & Honey Sandwich w/ String Cheese Vegetarian Spaghetti w/ Marinara Sauce and Tofu	24 Turkey Burger Southwest Corn Salad Soy Butter & Honey Sandwich & String Cheese Vegetarian Black Bean Burger	25 Obama's Healthy Mac Fresh Spinach Salad Soy Butter & Honey Sandwich w/ String Cheese	26 Chicken Fried Rice Glazed Carrots Soy Butter & Honey Sandwich w/ String Cheese Vegetarian Veggie Fried Rice w/ Tofu
29 No School Memorial Day	30 Breakfast For Lunch Pancakes Turkey Sausage Roasted Sweet Potato Fries Soy Butter & Honey Sandwich & String Cheese Alternate Meal Penne Fantastica	31 Rainbow Pizza Jicama Soy Butter & Honey Sandwich W/ String Cheese Alternate Meal Veggie Burger		

Salad Bar
Romaine Lettuce
Grape Tomatoes
Cucumbers
Baby Carrots

Beans
Tuna
Cheese
Eggs

Dressing
Italian
Ranch
French

Milk
1%
Skim