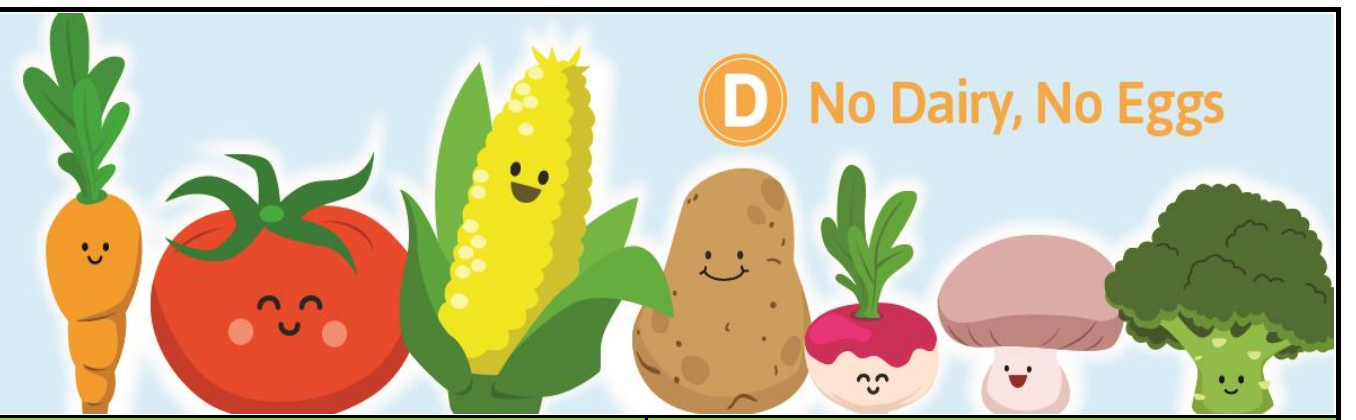




LINTONS
Food Service Management

May 2019



D No Dairy, No Eggs

Monday	Tuesday	Wednesday	Thursday	Friday
29 Toasted Dairy Free Cheese Sandwich, Tomato Soup, Mandarin Oranges, Soy Milk	30 WG Macaroni & Non Dairy Cheese, WG Chicken Nuggets (2), Banana, BBQ Sauce, Soy Milk	1 Turkey Ham & Dairy Free WG Pretzel Melt, Green Beans, Mustard Pc, Pineapple, Soy Milk	2 Beef and Dairy Free Cheese Burrito. WG 6" Tortilla, Red Beans in Sauce, Diced Peaches, Soy Milk	3
6 Hummus, WG Pita, Assorted Pepper Strips, French Dressing, Mandarin Oranges, Soy Milk	7 Beef A Roni, WG Macaroni, Broccoli, Diced Pears, Soy Milk	8 Build your own Pizza Lunchable - Sauce, Dairy Free Cheese, Turkey Pepperoni, WG Flatbread, Chopped Romaine, Italian Dressing, Diced Cinnamon Apples, Soy Milk	9 Chicken Fajita, Fajita Blend Vegetables, Dairy Free Shredded Cheese, 6" WG Tortilla, Applesauce, Soy Milk	10
13 Turkey, WG Wheat Bread, Cucumber slices, French Dressing, Banana, Soy Milk	14 BBQ Beef Riblet (Sauce on side), WW Mac & Dairy Free Cheese, Stewed Tomatoes, Banana, Ketchup Pc, Soy Milk	15 Turkey & Dairy Free Cheese Roll Up, 6" WG Tortilla, Cucumber Salad, Applesauce, Mustard Pc, Soy Milk	16 Beef Soft Taco, Refried Beans, Shredded Lettuce, Diced Tomatoes, Dairy Free Cheese, WG 6" Tortilla, Pineapples, Soy Milk	17
20 Red Beans & Brown Rice, Diced Carrots, WG Dinner Roll, Orange Smiles, Soy Milk	21 WW Penne Pasta w/Meat sauce, Spinach, Orange Smiles, Soy Milk	22 WG Chicken Tenders(2), Corn, Orange Smiles, WG Dinner Roll, BBQ Sauce, Soy Milk	23 Soft Chicken Taco, Chilled Black Bean & Corn Salad, 6" WG Tortilla Shell, Shredded Lettuce/Diced Tomatoes, Sliced Strawberries, Soy Milk	24
27 Toasted Dairy Free Cheese Sandwich, Tomato Soup, Mandarin Oranges, Soy Milk	28 WG Macaroni & Non Dairy Cheese, WG Chicken Nuggets (2), Banana, BBQ Sauce, Soy Milk	29 Turkey Ham & Dairy Free WG Pretzel Melt, Green Beans, Mustard Pc, Pineapple, Soy Milk	30 Beef and Dairy Free Cheese Burrito. WG 6" Tortilla, Red Beans in Sauce, Diced Peaches, Soy Milk	31

**LUNCH MEAL
DATED**

This institution is an equal opportunity provider

- (1-2 yrs) Milk 1/2 Cup, Meat 1oz, Fruit/Veg 1/8 Cup each, Grain 1/2oz eq
- (3-5 yrs) Milk 3/4 Cup, Meat 1 1/2oz, Fruit/Veg 1/4 Cup Each, Grain 1/2oz eq
- (6-18 yrs) Milk 1 Cup, Meat 2oz, Fruit 1/2 Cup, Veggeis 1/4 Cup, Grain 1oz eq

