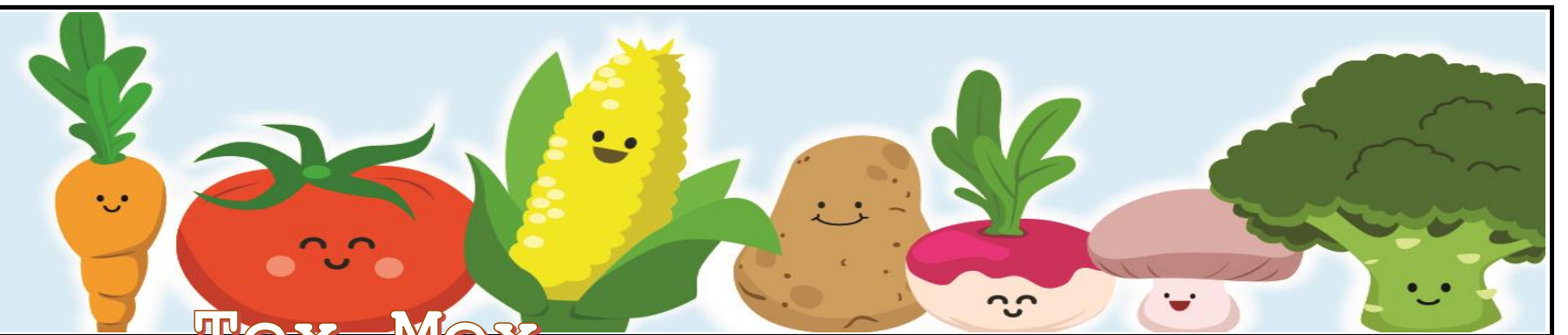




LINTONS  
Food Service Management

May 2019



Tex Mex  
Thursdays

Meatless Mondays	Tasty Pasta Tuesdays	Wholesome Wednesdays	Tex Mex Thursdays	Pizza Friday
29	30	1 Turkey Ham & Cheese WG Pretzel Melt Halved, Green Beans, Mustard Pc, Pineapple, Unflavored 1% or Whole Milk	2 Beef & Cheese Burrito, WG 6' Tortilla, Red Beans in Sauce, Diced Peaches, Unflavored 1% or Whole Milk	3 
6 Hummus, WG Pita, Assorted Pepper Strips, Ranch Dressing, Mandarin Oranges, Unflavored 1% or Whole Milk	7 Chicken (on Side), WG Alfredo Macaroni, Broccoli, Diced Pears, Unflavored 1% or Whole Milk	8 Build your own Pizza Lunchable - Sauce, Shredded Mozz, Turkey Pepperoni, WG Flatbread, Chopped Romaine, Italian Dressing, Diced Cinnamon Apples, Unflavored 1% or Whole Milk	9 Fajita Chicken, Fajita Blend Vegetables, Shredded Cheddar, 6' WG Tortilla, Diced Apricots, Unflavored 1% or Whole Milk	10 
13 Tuna Salad, WG Wheat Bread, Cucumber Slices, Ranch Dressing, Banana, Unflavored 1% or Whole Milk	14 BBQ Beef Riblet Halved (Sauce on Side), WW Macaroni & Cheese, Stewed Tomatoes, Banana, Unflavored 1% or Whole Milk	15 Turkey & Cheese Roll Up, 6" WG Tortilla, Cucumber Salad, Applesauce, Mayo PC, Unflavored 1% or Whole Milk	16 Beef Soft Taco, Refried Beans, Shredded Lettuce, Diced Tomatoes, Shredded Cheddar Cheese, WG 6" Tortilla, Pineapples, Unflavored 1% or Whole Milk	17 
20 Red Beans & Brown Rice, Diced Carrots, WG Mini Corn Muffin, Orange Smiles, Unflavored 1% or Whole Milk	21 WW Penne Pasta w/ Meat sauce (T), Spinach, Orange Smiles, Unflavored 1% or Whole Milk	22 Chicken Tenders(3), Corn, Orange Smiles, Mini WG Breadstick, Honey Mustard, Unflavored 1% or Whole Milk	23 Soft Diced Chicken Taco, Chilled Black Bean & Corn Salad, 6" WG Tortilla Shell, Shredded Lettuce/Diced Tomatoes, Diced Pears, Unflavored 1% or Whole Milk	24 
27 Happy Memorial Day!! 	28 WG Macaroni & Cheese, WG Chicken Nuggets (2), Diced Carrots, Banana, BBQ Sauce, Unflavored 1% or Whole Milk	29 Turkey Ham & Cheese WG Pretzel Melt Halved, Green Beans, Mustard Pc, Pineapple, Unflavored 1% or Whole Milk	30 Beef & Cheese Burrito, WG 6' Tortilla, Red Beans in Sauce, Diced Peaches, Unflavored 1% or Whole Milk	31 

**LUNCH MEAL**

(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

This institution is an equal opportunity provider

