

# NOKOMIS LUNCH MENU

# MAY 2016

Variety of 1% low fat or fat free Milk served daily

Menus Are Subject to Change

Monday	Tuesday	Wednesday	Thursday	Friday
1 (m,ma,wg,rv)Meat or Cheese Pizza (av)Peas (ov)Steamed Carrots (f)Pears	2 (m)Chickenburger on (wg)HB bun (gv)3 Bean Salad (sv)Potato Puffs (f)Peaches	3 (m,ma)Pasta with Meatsauce (gv)Caesar Salad (wg)Garlic stick Fresh banana	4 (m)Sweet & Sour Port (g)over rice (wg)Dinner Roll (av)Cauliflower (gv)Steamed Broccoli (f)Pineapple tidbits	5 (m,wg)Chicken Nuggets (wg,av)Pasta Salad (av)Beets (f)Fresh Apple
8 (m,av)Chicken Fajita on (wg) Sub Roll (b)Refried Beans (av)Steamed Corn (f)Peaches	9 (m,ma)Cheeseburger on (wg)HB Bun (sv)French Fries (gv)Steamed Broccoli (f)Mandarin Oranges	10 (m)Chicken & gravy over (sv)Mashed potato (ov)Squash (wg)Dinner Roll (f)Fresh Apple	11 (m)Pulled Pork on (wg)HB Bun (av)Cole Slaw (b)Baked Navy Beans (f)Fresh Grapes	12 (m,ma,rv,wg)Meat or Cheese Pizza (gv)Caesar Salad (av)Beets (f)Pears
15 (m)Hot Dog on (wg) HD bun (b)Baked Navy Beans (av)Cole Slaw (f)Peaches	16 (m)Chickenburger on (wg)HB bun (av)Green beans (sv)French fries (f)Pears	17 (m,ma)Pasta with Meatsauce (gv)Caesar Salad (wg)Garlic Stick (f)Fresh Apple	18 (m,ma,wg)Turkey Sub (rv,gv,av)Tomatoes, romaine lettuce, onions (ov)Baby Carrots with Lite dressing (f)Fresh banana	19 (m,wg)Chicken Nuggets (wg,ma)Mac & Cheese (gv)st. Spinach (f)Pineapple tidbits
22 (m,av)Chicken Fajita (wg)on Sub roll (b)Refried Beans (av)Steamed Corn (f)Pears	23 (m,ma)Cheeseburger on (wg)HB bun (sv)Potato Puffs (gv)Green Beans (f)Peaches	24 (m)Pulled Pork on (wg)HB Bun (b)Baked Navy Beans (gv)Caesar Salad (f)Mandarin Oranges	25 (m,wg)Chicken Nuggets (gr,m,ma,av)Fried Rice (ov)Steamed Carrots (gv)Steamed Broccoli (f)Fresh Apple	The Maine Dept of Education and the USDA is an Equal Opportunity Provider & Employer
29 MEMORIAL DAY	30 (m)Chickenburger on (wg)HB bun (gv)Steamed Broccoli (sv)French fries (f)Pears	31 (m,ma,wg)Turkey Sub (rv,gv,av)Tomatoes, romaine lettuce, onions (gv)Caesar Salad (f)Mandarin Oranges	1 (m,ma,wg)Beef Nacho's (b)Refried Beans (av)Steamed Corn (rv)Salsa (f)Fresh Banana	2 (m,wg)Chicken Nuggets (ma,wgr)Mac & Cheese (ov)Steamed Carrots (f)Peaches

One of the following will be served daily: Tuna, Egg, Ham, Turkey, or Chicken Salad on a whole grain Sub roll OR Chef Salad with romaine lettuce and wg dinner roll..

(M,MA) =meat, meat alternate (WG) = whole grain (GV) =green veg (OV) =orange/red veg (SV) = starchy veg (B) = beans/legumes (AV) = additional veg (F) = fruit

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