

MAY 2019

Henry Barnard School

Monday
Tuesday
Wednesday
Thursday
Friday


6
Popcorn Chicken
Whole Wheat Roll
Grilled Cheese Sandwich
Tiger Chef's Salad w/Breadstick
Cucumbers
Apple
Milk

7
Cheeseburger or Veggie Burger
Whole Wheat Bun
Turkey and Cheese Wrap
Tiger Chef's Salad w/Breadstick
Carrots w/dip
Pineapple
Milk

8
Mini Cheese Ravioli
Fun on the Run
Tiger Chef's Salad w/Breadstick
Green Beans
Banana
Milk

9
Beef or Veggie Tacos
Lettuce, Tomato, Guacamole, Cheese
Ham and Cheese Wrap
Tiger Chef's Salad w/Breadstick
Corn and Black Bean Salad
Fruit Salad
Milk

10
Cheese or Pepperoni Pizza
Tuna Salad Wrap
Tiger Chef's Salad w/Roll
Mixed Greens w/Tomato, Cucumber
Cantaloupe & Honeydew
Milk

13
Grilled Chicken
Whole Wheat Bun
Grilled Cheese Sandwich
Greek Salad w/Pita
Broccoli w/dip
Grapes
Milk

14
Beef or Vegetarian Nachos
Salsa, Lettuce, Cheese
Turkey and Cheese Wrap
Chicken Ranch Salad w/Roll
Carrots w/dip
Banana
Milk

15
Macaroni and Cheese
Fun on the Run
Chicken Ranch Salad w/Roll
Mixed Vegetable Slaw
Fruit Salad
Milk

16
Chicken or Tofu and Vegetable
Noodle Bowl
Ham and Cheese Wrap
Chicken Ranch Salad w/Roll
Pickled Cucumbers
Grapes
Milk

17
Cheese or Pepperoni Pizza
Tuna Salad Wrap
Chicken Ranch Salad w/Roll
Spinach Salad w/Oranges
Pear
Milk

20
Boneless Chicken Wings
Whole Wheat Roll
Grilled Cheese Sandwich
Chicken Caesar Salad w/Breadstick
Sweet Potato Fries
Banana
Milk

21
Beef or Veggie Tacos
Lettuce, Tomato, Guacamole, Cheese
Turkey and Cheese Wrap
Chicken Caesar Salad w/Breadstick
Corn and Black Bean Salad
Fruit Salad
Milk

22
Pasta w/Meatballs
Fun on the Run
Chicken Caesar Salad w/Breadstick
Broccoli w/dip
Cantaloupe & Honeydew
Milk

23
Turkey Bacon
French Toast Sticks
Ham and Cheese Wrap
Chicken Caesar Salad w/Breadstick
Potato Puffs
Pear
Milk

24
EARLY DISMISSAL

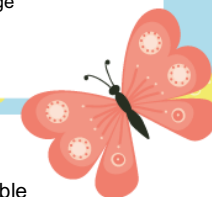
27
NO SCHOOL

28
Chicken or Cheese Pizza Quesadilla
Turkey and Cheese Wrap
Greek Salad w/Pita
Cucumbers
Fruit Salad
Milk

29
Vegetable Pasta Primavera
Fun on the Run
Greek Salad w/Pita
Tri-Color Pepper Sticks
Banana
Milk

30
Chicken or Tofu & Vegetable Stir-fry
Brown Rice
Ham and Cheese Wrap
Greek Salad w/Pita
Edamame Salad
Apple
Milk

31
Cheese or Pepperoni Pizza
Tuna Salad Wrap
Greek Salad w/Pita
Spinach Salad w/Oranges, Tomato
Orange
Milk



*Alternate Fruit Options: Apple, Grapes, Banana, Pear
*Alternate Sandwich Option: Sunflower Butter and Jelly

*Fun on the Run: Pretzel, Yogurt, String Cheese, Fruit, Vegetable
*Greek Salad: Lettuce, Chicken, Garbanzo Beans, Olives, Tomato, Cucumber, Feta Cheese
*Tiger Chef's Salad: Lettuce, Turkey, Tomato, Cucumber, American Cheese