

MAY | 2023

LIFE Center Lunch Menu



MONDAY

1 Nachos
Refried Beans
Fresh Fruit
Choice of Milk

Beef Teriyaki Dippers
Dinner Roll
Carrots
Fresh Fruit
Choice of Milk

TUESDAY

2 Popcorn Chicken
Biscuit
Mashed Potatoes
Fresh Fruit
Choice of Milk

9 Mini Corn Dogs
Cookie
Baked Beans
Fresh Fruit
Choice of Milk

WEDNESDAY

3 French Bread Pizza
Mini Peppers
Fresh Fruit
Choice of Milk

10 Bosco Sticks with
Marinara Sauce
Corn
Fresh Fruit
Choice of Milk

THURSDAY

4 Chicken Nuggets
Mac and Cheese
Broccoli
Fresh Fruit
Choice of Milk

11 Sliced Cheese Pizza
Broccoli
Fresh Fruit
Choice of Milk

FRIDAY

5 Orange Chicken
Fried Rice
Celery
Fresh Fruit
Choice of Milk

12 Chicken Sandwiches
Cucumbers
Fresh Fruit
Choice of Milk

Special Menu!!

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Last Day of School!
Special Menu!!

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Summer Break!

Build a Meal

Chose 3-5 meal components to make a health, well-balanced meal:

- Protein-Whole Grain-Fruit- Vegetable- Milk
- One component must be a fruit or vegetable, may chose up to 2 of each

Daily Alternative Choices:

- Peanut-Free Wowbutter and Jelly Sandwich^v
- Salad Bar
- Assorted Sandwiches

All Grab & Go meals come with a choice of:

- Low-Fat Milk
- Up to 2 fruits
- Up to 2 veggies

*Must get 1 fruit and/or veggie to make a meal

All entrees come with choices of assorted fruit, fresh vegetables, and low-fat white/flavored milk

Meal Prices:

Breakfast: \$2.25
Lunch: \$3.50
Adult: \$4.80
Extra Milk: \$0.50