| **Empower May 2025 Lunch Menu** | | | | | |
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| **Monday** | **Tuesday** | **Wednesday** | | **Thursday** | **Friday** |
| **28** | **29** | **30** | | **01** | **02** |
| WG Bean Burrito (2.5oz)  Green Peas (¾c/1c)  Cheese Sauce (1oz)  Fresh Fruit (½c/1c)  1% Milk (1c) | Nachos Chips (1oz/2oz)  Beef Taco Meat (1oz/2oz)  Mexican Rice w/Beans (1oz/2oz)  Cheese Sauce & Salsa (1oz)  Lettuce (¾c/1c)  Fresh Fruit (½c/1c)  1% Milk (1c) | Pulled BBQ Chicken (1oz/2oz)  Bun (1oz/2oz)  Mac & Cheese(½c/1c)  Broccoli (¾c/1c)  Fresh Fruit (½c/1c)  1% Milk (1c) | | WG Spaghetti (1oz/2oz)  Meatballs (2oz)  Marinara Sauce (1oz)  Roll (1oz/2oz)  Salad Salad (¾c/1c)  Fresh Fruit (½c/1c)  1% Milk (1c) | Turkey Sandwich (2oz/3oz)  Chips (1oz/2oz)  Lettuce (½c)  Celery & Carrots w/Ranch (¾c/1c)  Fresh Fruit (½c/1c)  1% Milk (1c) |
| **05** | **06** | **07** | | **08** | **09** |
| Chicken Alfredo with Penne Pasta (3oz)  Broccoli (¾c/1c)  Fresh Fruit (½c/1c)  1% Milk (1c) | Nachos Chips (1oz/2oz)  Beef Taco Meat (1oz/2oz)  Mexican Rice w/Beans (1oz/2oz)  Cheese Sauce & Salsa (1oz)  Lettuce (¾c/1c)  Fresh Fruit (½c/1c)  1% Milk (1c) | Turkey Sandwich (4oz)  Chips (1oz/2oz)  Lettuce (½c)  Celery & Carrots w/Ranch (¾c/1c)  Fresh Fruit (½c/1c)  1% Milk (1c) | | Hamburger (2oz)  Cheese (1oz)  Bun (2oz)  Lettuce (½c)  Tomato (¼ c)  Potato Wedges (½c)  Fresh Fruit (1c)  1% Milk (1c) | Hotdog w/Bun (2.5oz)  Baked Beans (¾c/1c)  Pasta Salad (¾c/1c)  Corn (¾c/1c)  Fresh Fruit (½c/1c)  1% Milk (1c) |
| **12** | **13** | **14** | | **15** | **16** |
| Chicken Patty (2oz)  Roll (2oz)  Smashed Potatoes (1c)  Green Peas (¾c/1c)  Fresh Fruit (½c/1c)  1% Milk (1c) | Nachos Chips (1oz/2oz)  Beef Taco Meat (1oz/2oz)  Mexican Rice w/Beans (1oz/2oz)  Cheese Sauce & Salsa (1oz)  Lettuce (¾c/1c)  Fresh Fruit (½c/1c)  1% Milk (1c) | WG Bean Burrito (2.5oz)  Broccoli (¾c/1c)  Cheese Sauce (1oz)  Fresh Fruit (½c/1c)  1% Milk (1c) | | Sloppy Joe (2oz)  Bun (2oz)  Green Beans (¾c/1c)  Potato Wedge (¾c/1c)  Fresh Fruit (½c/1c  1% Milk (1c) | Corn Dog (2.5oz)  Baked Beans (¾c/1c)  Pasta Salad (½c/1c)  Corn (¾c/1c)  Fresh Fruit (½c/1c)  1% Milk (1c) |
| **19** | **20** | **21** | | **22** | **23** |
| Chicken Tenders (1oz/2oz)  Maple Waffles (¾c/1c)  Potato Patty (¾c/1c)  Fresh Fruit (½c/1c)  1% Milk (1c) | Nachos Chips (1oz/2oz)  Beef Taco Meat (1oz/2oz)  Mexican Rice w/Beans (1oz/2oz)  Cheese Sauce & Salsa (1oz)  Lettuce (¾c/1c)  Fresh Fruit (½c/1c)  1% Milk (1c) | Hamburger (2oz)  Cheese (1oz)  Bun (2oz)  Lettuce (½c)  Tomato (¼ c)  Potato Wedges (½c)  Fresh Fruit (1c)  1% Milk (1c) | | Turkey Sandwich (2oz/3oz)  Chips (1oz/2oz)  Lettuce (½c)  Celery & Carrots w/Ranch (¾c/1c)  Fresh Fruit (½c/1c)  1% Milk (1c) | Hotdog w/Bun (2.5oz)  Baked Beans (¾c/1c)  Pasta Salad (¾c/1c)  Corn (¾c/1c)  Fresh Fruit (½c/1c)  1% Milk (1c) |
| **26** | **27** | **28** | | **29** | **30** |
| **Memorial Day** | Corn Dog (2.5oz)  Baked Beans (¾c/1c)  Pasta Salad (½c/1c)  Corn (¾c/1c)  Fresh Fruit (½c/1c)  1% Milk (1c) | WG Bean Burrito (2.5oz)  Broccoli (¾c/1c)  Cheese Sauce (1oz)  Fresh Fruit (½c/1c)  1% Milk (1c) | | Sloppy Joe (2oz)  Bun (2oz)  Green Beans (¾c/1c)  Potato Wedge (¾c/1c)  Fresh Fruit (½c/1c  1% Milk (1c) | Chicken Patty (2oz)  Roll (2oz)  Smashed Potatoes (1c)  Green Peas (¾c/1c)  Fresh Fruit (½c/1c)  1% Milk (1c) |

***June 2 - Field Trip Day - Sack Lunches May 2025*** ~ Lunch MENU CYCLE ~ Portion Sizes ~ ***Revised: 04/26/2025***

***Menu items are subject to change according to product availability.***