|  **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/1c1% 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/1c1% 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.***