

# May 19- May 23

## 2025



## LOWER SCHOOL

### ALL MEALS INCLUDE:

Fresh Fruit & Seasonal Salad Bar

Boars Head premium deli sandwiches on whole grain and gluten free bread

Low Fat Yogurt and Granola

Unsweetened Applesauce

Low Fat Milk or Water

Produce of the Month:

## Berries



- Berries are a great source of vitamin C: A single cup of strawberries provides 140% of the recommended daily intake of vitamin C for children.
- Berries can be used to make natural dyes: Early American colonists used blueberries to make grey paint.
- Yellow, purple, gold or black ... these are some of the other colors that raspberries come in. You'll find that the gold ones are the sweetest of them all.

| 19 Monday   | 20 Tuesday  | 21 Wednesday  | 22 Thursday  | 23 Friday  |
|---|---|---|--|--|
| <b>NON VEGGIE</b><br><br><b>Meatless</b>  | <b>NON VEGGIE</b><br>Chicken Fajitas<br><br>Spanish Rice and Refried Beans<br><br>Roasted Zucchini  | <b>NON VEGGIE</b><br>Parmesan Crusted Haddock<br><br>Couscous<br><br>Greek Salad  | <b>NON VEGGIE</b><br>Swedish Meatballs<br><br>Egg Noodles<br><br>Roasted Broccoli  | <b>NON VEGGIE</b><br>Yellow Chicken Curry<br><br>Basmati Rice<br><br>Roasted Cauliflower<br><br>Dessert: Lemon Bars                  |
| <b>VEGGIE</b><br><br>French Toast Sticks<br><br>Potatoes O'Brien<br><br>Mixed Berry Salad<br><br><b>AFTERNOON SNACK</b><br>Soybutter and Jelly Sandwich | <b>VEGGIE</b><br><br>Veggie Fajitas<br><br>Spanish Rice and Refried Beans<br><br>Roasted Zucchini<br><br><b>AFTERNOON SNACK</b><br>Cheese Cubes with Crackers | <b>VEGGIE</b><br><br>Fishless Fish Filet<br><br>Couscous<br><br>Greek Salad<br><br><b>AFTERNOON SNACK</b><br>Mini Corn Dogs | <b>VEGGIE</b><br><br>Mushroom Stroganoff<br><br>Egg Noodles<br><br>Roasted Broccoli<br><br><b>AFTERNOON SNACK</b><br>Mini Bagels with Cream Cheese | <b>VEGGIE</b><br><br>Curried Chickpeas<br><br>Basmati Rice<br><br>Roasted Cauliflower<br><br><b>AFTERNOON SNACK</b><br>Orange Wedges |

Vegetarian

Produce of the Month



Kitchen Manager  
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