

# May 19 - May 23

## 2025

## MIDDLE SCHOOL

ALL MEALS INCLUDE SALAD BAR, SOUP, STEAMED RICE, DELI & DESSERTS
















Produce of the Month:

### Berries



Berry Berry Fun Facts

- berries are packed with antioxidants
- antioxidants and flavonoids in berries can improve cognitive function, memory, and overall brain health
- fiber content in berries promotes healthy digestion
- berries have been found to have anti-inflammatory effects

19 Monday	20 Tuesday	21 Wednesday	22 Thursday	23 Friday
CHEF'S GRILL Roasted Salmon, Crispy Garlic Potatoes, and Roasted Spring Vegetables	CHEF'S GRILL Beef Chili Creamy Cauliflower Soup Garlic Bread	CHEF'S GRILL Chicken Caesar Salad or Vegetarian Caesar Salad	CHEF'S GRILL  Grilled Cheese and Broccoli Cheddar Soup	CHEF'S GRILL  C L A S S
BURGERLAND Breakfast Sandwich	BURGERLAND Baconator	BURGERLAND  Super Veggie Burger	BURGERLAND Chefs Choice	BURGERLAND  S S
TASTE OF ITALY Sausage with Broccoli	TASTE OF ITALY Ground Turkey Meat Sauce	TASTE OF ITALY  Tortellini with Pesto Sauce	TASTE OF ITALY  Creamy Lemon Garlic Pasta	TASTE OF ITALY  A C T I V I T Y
MEXICAN FIESTA Chicken Burrito Bowl	MEXICAN FIESTA Beef and Cheese Burrito	MEXICAN FIESTA Pork Tamale	MEXICAN FIESTA  Pepper Jack Tornado Taquitos	MEXICAN FIESTA  I V I T Y
 GF ZONE Mongolian Ground Beef	 GF ZONE Herb Pork	 GF ZONE Lamb Roast	 GF ZONE Ginger Chicken	 GF ZONE  D A Y
VEGGIE CAFE  Garlic Black Bean Tofu	 VEGGIE CAFE  Lentils and Chick Pea Stew	VEGGIE CAFE  Mushroom Mie Goreng with Fried Spring Rolls	 VEGGIE CAFE  Vegan Black Eyed Bean Feijoada	VEGGIE CAFE  D A Y

Gluten Free Options Upon Request or  
Check out the Gluten Free Zone



Vegetarian



Produce of the Month

