

## May 2025 K-5



## Lunch **Lew-Port PEC-IEC**



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|--|---|---|--|---|
| Monday   | Tuesday   | Wednesday   | Thursday   | Friday  |
| 28   | 29  | 30  | 1<br>Hot dog<br>On a bun   | 2<br>Grilled Cheese<br>Sandwich   |
|  |   |   | NYS Potatoes 3/4c<br>Fresh or Prepared Fruit 1/2c<br>Milk-8oz          | Steamed Broccoli 3/4c<br>Fresh or Prepared Fruit 1/2c<br>Milk-8oz                         |
| 5<br>Chicken Tenders<br>w/dipping sauce                      | 6<br>Nacho Grande w/Tostitos<br>Cheese & salsa                        | 7<br>Macaroni & Cheese  | 8 Cheese Pizza   | 9<br>Cheeseburger or<br>Hamburger on a bun  |
| Carrot Sticks 3/4c<br>Fresh or Prepared Fruit 1.<br>Milk-8oz | Vegetarian Beans 3/4c<br>/2c Fresh or Prepared Fruit 1/2c<br>Milk-8oz | Green Peas 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz             | Mixed Vegetables 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz            | Romaine Lettuce 1c<br>Fresh or Prepared Fruit 1/2c<br>Milk-8oz                            |
| 12 Popcorn chicken w/dipping sauce                           | 13<br>8" Taco w/meat, cheese<br>And salsa                             | 14<br>Meatball Submarine  | 15<br>Baked Chicken  | 16 National Pizza Day!!<br>Pizza  |
| Green Beans 3/4c<br>Fresh or Prepared Fruit 1/<br>Milk-8oz   | Baked Beans 3/4c<br>/2c Fresh or Prepared Fruit 1/2c<br>Milk-8oz      | Steamed Carrots 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz        | NYS Potatoes 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz                | Steamed Broccoli 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz Hersey's Chocolate Sunday Cup |
| 19<br>Chicken Tenders<br>w/dipping sauce                     | 20<br>Taco in a bag<br>w/cheese, salsa                                | 21<br>Seasoned Diced chicken<br>w/ Rice                           | 22<br>Pepperoni or cheese<br>Pizza                                     | NO SCHOOL   |
| Carrot Sticks 3/4c Fresh or Prepared Fruit 1/                | Vegetarian Beans 3/4c<br>/2c Fresh or Prepared Fruit 1/2c<br>Milk-8oz | Sliced Cucumbers 3/4c<br>Fresh or Prepared Fruit 1/2c<br>Milk-8oz | Roasted Corn 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz                |   |
| 26<br>Happy Memorial Day!                                    | 27<br>Nacho Grande w/Tostitos<br>Cheese & salsa                       | 28<br>Pasta w/meatballs   | 29<br>Cheese Pizza   | 30<br>Grilled Cheese<br>Sandwich  |
| A DIEGO  | Baked Beans 3/4c Fresh or Prepared Fruit 1/2c                         | Fresh Baby Carrots 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz     | NYS Potatoes w/ Onion 3/4c<br>Fresh or Prepared Fruit 1/2c<br>Milk-8oz | Steamed Broccoli 3/4c<br>Fresh or Prepared Fruit 1/2c<br>Milk-8oz                         |

**NYS LOCAL FOODS** 

\*Upstate Farms

Milk, Yogurt, Sour Cream **Eden Valley Growers Assorted Varieties of Apples Eden Valley Growers Assorted Fruits & Vegetables** used in Meal Program highlighted in green

**The Following Entrees** Served Daily:

6" Subs and Wraps (2M2G)

Salads Made to Order (Includes Flatbread) 2M2G

**Peanut Butter & Jelly** Sandwich (2M2G)

**Fruit & Yogurt Parfait** w/Flatbread(2M2G)

Offered daily with all School Lunches:

Fresh or Prepared Fruit (Must take 1/2 cup of Fruit or Vegetable may take up to 1 cup)

NY State 8oz 1% or Skim White Milk Fat Free Chocolate Milk

Approved by PTFS Dietitian: Perry Schmidt, MS, RD, CDN

