



May 2012

RSU#20 Lunch Menu K-12



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Healthier US School Challenge emphasizes on Fresh Fruit and Vegetables, Wholegrains, Fat Free or Low Fat Milk, Dry Beans, Lean Meats, 0 Trans Fats, and Low Sodium and Sugar</p>	<p><i>1</i> Ham & Cheese Wrap, Sweet Potato Fries, Romaine Lettuce</p>	<p><i>2</i> Sloppy Joes, W.W. Bread, Broccoli Florets & Carrot Sticks</p>	<p><i>3</i> Homemade Beef & Bean Chili, Corn Bread, Mustard Greens & Butternut Squash</p>	<p><i>4</i> Pizza Choice, Fresh Veggie & Fruit Choice</p>
<p><i>7</i> Cheese Quesadilla w/Salsa & Sour Cream, W.W. Dinner Roll, Fresh Veggie & Fruit Choice</p>	<p><i>8</i> Hot Beef & Cheese Wrap, Mashed Sweet Potatoes, Green Leaf Lettuce</p>	<p><i>9</i> Chicken Stir Fry w/Veggies & Brown Rice, Broccoli Florets & Carrot Slaw</p>	<p><i>10</i> Beef Tacos w/Beans, Collard Greens & Butternut Squash</p>	<p><i>11</i> Pizza Choice, Fresh Veggie & Fruit Choice</p>
<p><i>14</i> Beef & Lentil Soup, W.W. Dinner Roll, Fresh Veggie & Fruit Choice</p>	<p><i>15</i> Chicken Salad Wrap, Romaine Lettuce, Sweet Potato Fries</p>	<p><i>16</i> Beef Stew, W.W. Bread, Broccoli Florets & Carrot Sticks</p>	<p><i>17</i> Homemade Chicken & Bean Chili, Corn Bread, Baby Spinach, Butternut Squash</p>	<p><i>18</i> Pizza Choice, Fresh Veggie & Fruit Choice</p>
<p><i>21</i> Beef & Broccoli w/Egg Noodles, W.W. Dinner Roll, Fresh Veggie & Fruit Choice</p>	<p><i>22</i> Deli Wrap w/Cheese, Green Leaf Lettuce, Mashed Sweet Potatoes</p>	<p><i>23</i> Chop Suey, W.W. Bread, Broccoli Florets, Carrot Slaw</p>	<p><i>24</i> Hot Ham & Cheese Melt w/Black Beans & Rice, Swiss Chard, Butternut Squash</p>	<p><i>25</i> Pizza Choice, Fresh Veggie & Fruit Choice</p>
<p><i>28</i> MEMORIAL DAY</p>	<p><i>29</i> Chicken Fajita Wrap, Romaine Lettuce, Sweet Potato Fries</p>	<p><i>30</i> Beef Shepherds Pie, W.W. Bread, Broccoli Florets & Carrot Sticks</p>	<p><i>31</i> Bean & Cheese Burrito, Brown Rice, Leafy Kale, Butternut Squash</p>	

All menus include lowfat milk, 100% juice and salad bar. Menu subject to change.