## MAY-JUNE 2017 "ALAV'S DELISH" HOT LUNCH MENU

| Monday  | TUESDAY  | WEDNESDAY  | Thursday  |  |
|---|--|--|---|--|
| 1   | 2  | 3  | 4   |  |
| <b>ENCHILADA CASSEROLE</b>  | VEGEBURGER   | HAYSTACK   | SPAGHETTI   |  |
| MIXED SALAD   | FRESH VEGGIES  | BEANS, LETTUCE,  | GARLIC BREAD  |  |
| RICE AND BEANS  | OVEN FRIES   | TOMATOES, OLIVES,  | MIXED SALAD   |  |
| FRESH FRUIT   | FRESH FRUIT  | GUACAMOLE, SALSA   | FRESH FRUIT   |  |
| 100% JUICE  | 100% JUICE   | 100% JUICE   | 100% JUICE  |  |
| MILK OR WATER   | MILK OR WATER  | MILK OR WATER  | MILK OR WATER   |  |
| 8   | 9  | 10   | 11  |  |
| MACARONI & CHEESE   | "ALAV'S DELISH"  | BURRITO  | PENNE MARINARA  |  |
| STEAMED BROCOLLI  | MASHED POTATOES  | MIXED SALAD  | GREEN SALAD   | A A A  |
| FRESH FRUIT   | VEGE-CHICKEN NUGGETS   | SPANISH RICE   | GARLIC BREAD  | The state of the s |
| 100% Juice  | STEAMED CORN   | FRESH FRUIT  | FRESH FRUIT   |  |
| MILK OR   | FRESH FRUIT  | 100% JUICE   | 100% JUICE  | a contribution   |
| WATER   | 100% JUICE, MILK OR WATER  | MILK OR WATER  | MILK OR WATER   |  |
| 15  | 16   | 17   | 18  |  |
| BAKED POTATO  | LASAGNA  | SOFT TACO  | PASTA BOWTIE  | (4.00)   |
| VEGETARIAN CHILI  | GARLIC BREAD   | BEANS, CHEESE, LETTUCE   | GARLIC BREAD  |  |
| MIXED SALAD   | MIXED SALAD  | SPANISH RICE   | MIXED SALAD   |  |
| FRESH FRUIT   | FRESH FRUIT  | FRESH FRUIT  | FRESH FRUIT   |  |
| 100% JUICE  | 100% JUICE   | 100% JUICE   | 100% JUICE  |  |
| MILK OR WATER   | MILK OR WATER  | MILK OR WATER  | MILK OR WATER   |  |
|   |  |  |   |  |
| 22  | 23   | 24   | 25  |  |
| VEGE HOT DOG  | 23 CHOW MEIN NOODLES   | 24   | 25<br>PASTA RIGATONI  |  |
|   |  | NO HOT LUNCH   |   |  |
| VEGE HOT DOG  | CHOW MEIN NOODLES  |  | PASTA RIGATONI  |  |
| VEGE HOT DOG<br>OVEN FRIES, CHILI   | CHOW MEIN NOODLES<br>EGGROLL   |  | PASTA RIGATONI<br>GREEN SALAD   |  |
| VEGE HOT DOG<br>OVEN FRIES, CHILI<br>FRESH VEGGIES  | CHOW MEIN NOODLES<br>EGGROLL<br>STEAMED BROCOLLI   | NO HOT LUNCH   | PASTA RIGATONI<br>GREEN SALAD<br>GARLIC BREAD   |  |
| VEGE HOT DOG<br>OVEN FRIES, CHILI<br>FRESH VEGGIES<br>FRESH FRUIT<br>100% JUICE   | CHOW MEIN NOODLES EGGROLL STEAMED BROCOLLI FRESH FRUIT   | NO HOT LUNCH   | PASTA RIGATONI<br>GREEN SALAD<br>GARLIC BREAD<br>FRESH FRUIT<br>100% JUICE  |  |
| VEGE HOT DOG<br>OVEN FRIES, CHILI<br>FRESH VEGGIES<br>FRESH FRUIT   | CHOW MEIN NOODLES<br>EGGROLL<br>STEAMED BROCOLLI<br>FRESH FRUIT<br>100% JUICE  | NO HOT LUNCH   | PASTA RIGATONI<br>GREEN SALAD<br>GARLIC BREAD<br>FRESH FRUIT  |  |
| VEGE HOT DOG OVEN FRIES, CHILI FRESH VEGGIES FRESH FRUIT 100% JUICE MILK OR WATER   | CHOW MEIN NOODLES EGGROLL STEAMED BROCOLLI FRESH FRUIT 100% JUICE MILK OR WATER  | NO HOT LUNCH MINIMUM DAY   | PASTA RIGATONI<br>GREEN SALAD<br>GARLIC BREAD<br>FRESH FRUIT<br>100% JUICE<br>MILK OR WATER   |  |
| VEGE HOT DOG OVEN FRIES, CHILI FRESH VEGGIES FRESH FRUIT 100% JUICE MILK OR WATER   | CHOW MEIN NOODLES EGGROLL STEAMED BROCOLLI FRESH FRUIT 100% JUICE MILK OR WATER  | NO HOT LUNCH MINIMUM DAY   | PASTA RIGATONI GREEN SALAD GARLIC BREAD FRESH FRUIT 100% JUICE MILK OR WATER 1-JUN  |  |
| VEGE HOT DOG OVEN FRIES, CHILI FRESH VEGGIES FRESH FRUIT 100% JUICE MILK OR WATER 29  | CHOW MEIN NOODLES EGGROLL STEAMED BROCOLLI FRESH FRUIT 100% JUICE MILK OR WATER 30 MACARONI & CHEESE   | NO HOT LUNCH MINIMUM DAY  31 BURRITO   | PASTA RIGATONI GREEN SALAD GARLIC BREAD FRESH FRUIT 100% JUICE MILK OR WATER 1-JUN SPAGHETTI  |  |
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| VEGE HOT DOG OVEN FRIES, CHILI FRESH VEGGIES FRESH FRUIT 100% JUICE MILK OR WATER 29  NO SCHOOL MEMORIAL DAY  5-JUN TOSTADA BEANS, CHEESE, LETTUCE                          | CHOW MEIN NOODLES EGGROLL STEAMED BROCOLLI FRESH FRUIT 100% JUICE MILK OR WATER 30 MACARONI & CHEESE STEAMED BROCOLLI FRESH FRUIT 100% JUICE MILK OR WATER 6-JUN PENNE MARINARA GREEN SALAD                          | NO HOT LUNCH  MINIMUM DAY  31  BURRITO  MIXED SALAD  SPANISH RICE  FRESH FRUIT  100% JUICE  MILK OR WATER  7-JUN  "ALAV'S DELISH"  MASHED POTATOES                                     | PASTA RIGATONI GREEN SALAD GARLIC BREAD FRESH FRUIT 100% JUICE MILK OR WATER 1-JUN SPAGHETTI GARLIC BREAD MIXED SALAD FRESH FRUIT 100% JUICE MILK OR WATER 8-JUN              |  |
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