MAY | 2023

LIFE Center Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Nachos Refried Beans Fresh Fruit Choice of Milk	2 Popcorn Chicken Biscuit Mashed Potatoes Fresh Fruit Choice of Milk	3 French Bread Pizza Mini Peppers Fresh Fruit Choice of Milk	4 Chicken Nuggets Mac and Cheese Broccoli Fresh Fruit Choice of Milk	5 Orange Chicken Fried Rice Celery Fresh Fruit Choice of Milk
8 Beef Teriyaki Dippers Dinner Roll Carrots Fresh Fruit Choice of Milk	9 Mini Corn Dogs Cookie Baked Beans Fresh Fruit Choice of Milk	10 Bosco Sticks with Marinara Sauce Corn Fresh Fruit Choice of Milk	11 Sliced Cheese Pizza Broccoli Fresh Fruit Choice of Milk	12 Chicken Sandwiches Cucumbers Fresh Fruit Choice of Milk
15 Quesadilla Corn Fresh Fruit Choice of Milk	16 French Toast Sticks Sausage Sweet Potato Wedges Fresh Fruit Choice of Milk	17 Mozzarella Sticks Marinara Sauce Baked Beans Fresh Fruit Choice of Milk	18 Beef Teriyaki Dippers Dinner Roll Broccoli Fresh Fruit Choice of Milk	19 Chicken Nuggets Green Beans Fresh Fruit Choice of Milk
22 Hamburgers Cucumbers Fresh Fruit Choice of Milk	23 Breaded Chicken Sandwiches Corn Fresh Fruit Choice of Milk	24 Assorted Pizza Carrots Fresh Fruit Choice of Milk	25	26

Summer Break!

Build a Meal

Chose 3-5 meal components to make a health, well-balanced meal:

- Protein-Whole Grain-Fruit- Vegetable- Milk
- One component must be a fruit or vegetable, may chose up to 2 of each

Daily Alternative Choices:

- Peanut-Free Wowbutter and Jelly Sandwich[V]
- Salad Bar
- Assorted Sandwiches

All Grab & Go meals come with a choice of:

- Low-Fat Milk
- Up to 2 fruits
- Up to 2 veggies

*Must get 1 fruit and/or veggie to make a meal

All entrees come with choices of assorted fruit, fresh vegetables, and low-fat white/flavored milk

Meal Prices:

Breakfast: $2.25
Lunch: $3.50
Adult: $4.80
Extra Milk: $0.50

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

MENU SUBJECT TO CHANGE

FREE WATER AVAILABLE