

Menus for **May 2023**

BEECHER ROAD SCHOOL

This institution is an equal opportunity provider.
Menus are subject to change.



Available Daily

Milk Offered with All Meals: Fat Free Chocolate, 1% White, Fat Free White, Lactaid Entree
Alternate: Assorted Sandwiches: Turkey & Cheese, Turkey, Ham & Cheese, Ham, and Cheese.
Assorted Salads with Chicken or Hard Boiled Egg, or a Yogurt Bento Box. Rainbow Veggie Tray: May include: Broccoli, Baby Carrots, Celery, Cherry Tomatoes, Green Pepper, Bean Salads, Cucumbers, Black Beans and Chick Peas.

Monday, May 1

-B-

Entrée Alternate

Or

Chicken Tenders,
Peas
Sweet Potato Fries,
Dinner Roll
Fruit Choices

Tuesday, May 2

-C-

Entree Alternate

Or

French Toast
Sausage Links
Potato Smiles
Applesauce
Fruit Choice

Wednesday, May 3

-D-

Entrée Alternate

or

Penne Pasta w/ meatsauce
Bread stick
Garden Salad
Fruit Choice

Thursday, May 4

-E-

Entrée Alternate

Or

Cheeseburger or Hamburger
on Roll
with Lettuce, Tomato,
Pickle,
French Fries
Fruit Choice

Friday, May 5

-F-

Entrée Alternate

Or

Pizza Boli
Carrot Sticks
Garden Salad
Fruit
Fruit Choice

Monday, May 8

-A-

Entrée Alternate

Or

Cheese Ravioli,
Bread stick
Green Beans
Fruit Choice

Tuesday, May 9

-B-

Entrée Alternate

Or

Chicken Nuggets,
Broccoli
Sweet Potato Fries
Dinner Roll
Fruit Choices

Wednesday, May 10

-C-

Entrée Alternate

Or

ERNIE'S PIZZA
Quinoa Salad,
Carrot Sticks
Fruit Choice

Thursday, May 11

-D-

Entree Alternate

Or

Waffle Bites,
Sausage Links
Potato Smiles
Applesauce

Friday, May 12

-E-

Entree Alternate

Or

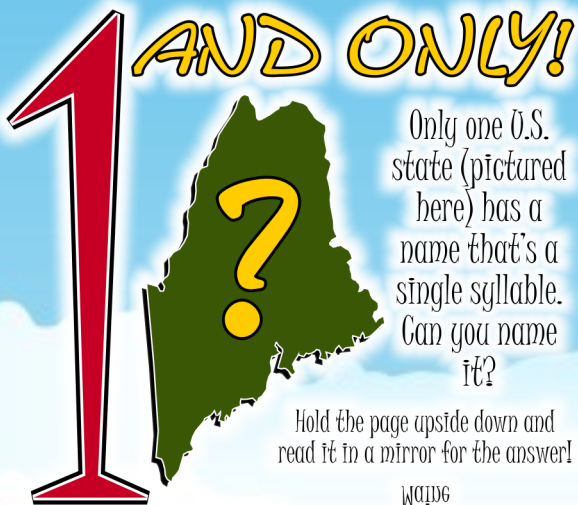
Beef Tacos
with Cheese, Salsa, Sour
Cream, Lettuce, and Tomato
Brown Rice,
Green Beans
Black Bean Corn Salad
Fruit Choice

GET DOWN WITH THE BROWN.

Whole grain foods (which are usually brown) are better for you than the white stuff. So when you can, try to choose whole wheat pasta and bread, whole grain cereal, and brown rice.



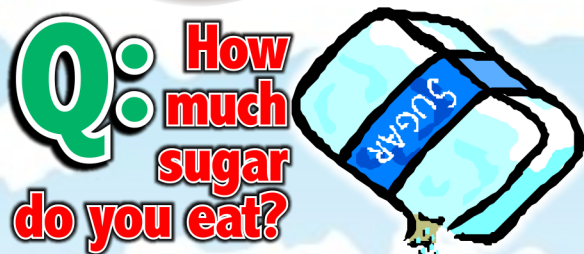
EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!



MAINE



What's on
YOUR
plate?



A: If you eat like most Americans, you consume over 20 teaspoons of added sugar every single day, or 115 pounds a year. That's just what we get from processed food and drinks, without ever actually dipping a spoon in the sugar bowl. Current guidelines recommend no more than 6-9 teaspoons of added sugar a day. Want the same sweetness without the side effects? Get your sugar the natural way – from fresh fruit.

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, May 15	Tuesday, May 16	Wednesday, May 17	Thursday, May 18	Friday, May 19
-F-	-A-	-B-	-C-	-D-
Entrée Alternate	Entrée Alternate	Entrée Alternate	Entrée Alternate	Entrée Alternate
or	Or	Or	Or	Or
Penne Pasta w/ meatsauce Bread stick Garden Salad Fruit Choice	Pancakes Mixed Veg Sausage Links Hash Browns Fruit Choices	Chicken Tenders, Peas Sweet Potato Fries, Dinner Roll Fruit Choices	Cheesburger or Hamburger on Roll with Lettuce, Tomato, Pickle, French Fries	Pizza Wedge Carrot Sticks Garden Salad Fruit Choice

Monday, May 22	Tuesday, May 23	Wednesday, May 24	Thursday, May 25	Friday, May 26
-E-	-F-	-A-	-B-	-C-
Entree Alternate	Entrée Alternate	Entrée Alternate	Entree Alternate	Entrée Alternate
Or	Or	Or	Or	Or
French Toast Sausage Links Potato Smiles Applesauce Fruit Choice	Chicken Nuggets, Broccoli Sweet Potato Fries Dinner Roll Fruit Choices	ERNIE'S PIZZA Quinoa Salad, Carrot Sticks Fruit Choice	Beef Tacos with Cheese, Salsa, Sour Cream, Lettuce, and Tomato Brown Rice, Green Beans Black Bean Corn Salad Fruit Choice	Fish Sticks Corn Hash Brown Fruit Choice

Monday, May 29	Tuesday, May 30	Wednesday, May 31
	-D-	-E-
	Entrée Alternate	Entree Alternate
	Or	Or
	Chicken Tenders, Peas Sweet Potato Fries, Dinner Roll Fruit Choices	Waffle Bites, Sausage Links Potato Smiles Applesauce

