

MAY 2022

North Cedar Lowden Lunch Menu

LUNCH



Specialty Item of the week:

May 2-6: Sub Sandwich

May 9-13 Yogurt, Muffin, String Cheese

May 16-20: Flatbread Sandwich

May 23-27: TBD



May is National Egg Month. Eggs can be eaten in a salad, as part of a breakfast sandwich, as an omelet, mixed into fried rice or simply boiled, fried or scrambled. How do you like to eat eggs?

MONDAY

Pulled BBQ Chicken **2**
or Chicken Breast on WG Bun, Oven Fries, Pickles, BBQ, K, M, Mayo Applesauce, Peaches, Fruit of Choice, Fresh Veggies, Milk

BBQ Rib on WG Bun **9**
Veggie of Choice, BBQ, Pickle, K, M, Chips, Applesauce, Pears, Fruit of Choice, Fresh Veggies, Milk of Choice

Taquitos **16**
Spanish Rice, Cheese Sauce, Salsa, Sour Cream, Applesauce, 2 Fruits of Choice, Fresh Veggies, Milk of Choice

Chicken Nuggets **23**
Oven Fries, K, M, BBQ, Applesauce, 2 Fruits of Choice, Fresh Veggies, Milk of Choice

Memorial Day **30**

TUESDAY

Walking Taco **3**
Refried Beans, Salsa, Sour Cream, Shredded Lettuce, Shredded Cheese, Applesauce, Pineapple, Fruit of Choice, Fresh Veggies, Milk

Breaded Pork Chop **10**
Mashed Potatoes, Corn, Gravy, B&B Sandwich, K, M, BBQ, Applesauce, Tropical Fruit, Fruit of Choice, Fresh Veggies, Milk

Chicken Tenders **17**
Broccoli Normandy, Chips, K, M, BBQ, Applesauce, 2 Fruits of Choice, Fresh Veggies, Milk of Choice

Salisbury Steak **24**
Mashed Potatoes, Gravy, WG Roll, Corn, K, M, BBQ, Applesauce, 2 Fruits of Choice, Fresh Veggies, Milk of Choice

No School **31**

WEDNESDAY

Chicken Fries **4**
Tater Tots, K, M, BBQ, Honey Mustard, Applesauce, Mandarin Oranges, Fruit of Choice, Fresh Veggies, Milk of Choice

Cavatelli **11**
Breadstick, Parmesan Cheese, Green Beans, Applesauce, Pineapple, Fruit of Choice, Fresh Veggies, Milk

Sloppy Joes on WG Bun **18**
Tater Tots, K, M, Pickle, Applesauce, 2 Fruits of Choice, Fresh Veggies, Milk of Choice

French Toast Sticks **25**
Omelet, Sausage Links, Hash Brown Patty, K, Syrup, Applesauce, 2 Fruits of Choice, Fresh Veggies, Milk of Choice

THURSDAY

Chicken Alfredo **5**
Breadstick, Green Beans, Parmesan Cheese, Applesauce, Fruit Cocktail, Fruit of Choice, Fresh Veggies, Milk of Choice

Popcorn Chicken **12**
Oven Fries, K, M, BBQ, Honey Mustard, Scooby Doo Graham, Applesauce, Peaches, Fruit of Choice, Fresh Veggies, Milk

Chicken Drumstick **19**
Au Gratin Potatoes, Carrots, Biscuit, Applesauce, 2 Fruits of Choice, Fresh Veggies, Milk of Choice

Cheddarwurst or Hot Dog **26**
on WG Bun, Chips, Veggie of Choice, K, M, Applesauce, 2 Fruits of Choice, Fresh Veggies, Milk of Choice

FRIDAY

Hamburger on WG Bun **6**
Cheese Slice, Pickles, Baked Beans, Chips, K, M, Mayo Applesauce, 2 Fruits of Choice, Fresh Veggies, Milk of Choice

Mini Corn Dogs or Cheddarwurst on WG Bun **13**
K, M, Veggie of Choice, Chips, Applesauce, 2 Fruits of Choice, Fresh Veggies, Milk

Pizza **20**
Veggie of Choice, Ice Cream, Applesauce, 2 Fruits of Choice, Fresh Veggies, Milk of Choice

Sack Lunches **27**
Sandwich, Chips, Fruit, Veggie, Fruit Roll-up, Milk

