

**EZ Meals - May 2022**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5/2-*Egg Salad (3oz) Baby Carrots (1/4c) Cherry or Grape Tomatoes (1/4c) LF Ranch Dressing Peaches (1/4c) WG Crackers (22g) 1% Milk(8oz)	5/3- <b>Buffalo Seasoned Chicken</b> (2oz) Shredded Cheese (.5oz) *Creamy Coleslaw(1/2c) Pineapple (1/4c) WG Tortilla (28g) 1% Milk (8oz)	5/4-*Tuna Salad (3oz) Cherry or Grape Tomatoes (1/4c) Cucumber (1/4c) LF Ranch Dressing Pears (1/4c) WG Crackers (22g) 1% Milk (8oz)	5/5- <b>Chicken</b> (2oz) & Cheese (.5oz) in *Macaroni Salad Mixed Green Salad with Shredded Carrots (1c) LF Italian Dressing Mandarins (1/4c) WG Macaroni (1/2c in 3/4c serving) 1% Milk (8oz)	5/6-* <b>Beef Bologna &amp; Cheese</b> (3oz) on WG Rich Sandwich Bread Mayonnaise & Mustard Packet *Potato Salad (2/3c) Fruit Cocktail (1/4c) WG Rich Bread (1 slice, 28g) 1% Milk or Fat Free Flavored Milk (8oz)
5/9-* <b>Chicken Salad</b> (3oz) Baby Carrots (1/4c) Cherry or Grape Tomatoes (1/4c) LF Ranch Dressing Mandarins (1/4c) WG Crackers (22g) 1% Milk (8oz)	5/10- <b>Taco Seasoned Chicken</b> (2oz) Shredded Cheese (.5oz) *Salsa, Tomato, Scallions in Lime Dressing (1/2c) Pineapple (1/4c) WG Tortilla (28g) 1% Milk (8oz)	5/11- <b>Tuna</b> (2oz) & Cheese (.5oz) in *Macaroni Salad Cherry or Grape Tomatoes (1/4c) Cucumber (1/4c) LF Ranch Dressing Peaches (1/4c) WG Macaroni (1/2c in 3/4c serving) 1% Milk (8oz)	5/12-* <b>Beef Salami</b> (2oz) Cheese (1oz) Mayonnaise & Mustard Packet Mixed Green Salad with Shredded Carrots (1c) LF Italian Dressing Pears (1/4c) WG Roll (28g) 1% Milk	5/13-* <b>Beef Bologna &amp; Cheese</b> (3oz) on WG Rich Sandwich Bread Mayonnaise & Mustard Packet *Potato Salad (2/3c) Fruit Cocktail (1/4c) WG Rich Bread (1 slice, 28g) 1% Milk or Fat Free Flavored Milk (8oz)
5/16-* <b>Tuna Salad</b> (3oz) Baby Carrots (1/4c) Cherry or Grape Tomatoes (1/4c) LF Ranch Dressing Pears (1/4c) WG Crackers (22g) 1% White Milk (8oz)	5/17- <b>BBQ Seasoned Chicken</b> (2oz) Shredded Cheese (.5oz) *Creamy Coleslaw(1/2c) Mandarins (1/4c) WG Tortilla (28g) 1% White Milk (8oz)	5/18-* <b>Turkey</b> (2oz) & Cheese (.5oz) in *Macaroni Salad Mixed Green Salad with Shredded Carrots (1c) LF Italian Dressing Peaches (1/4c) WG Macaroni (1/2c in 3/4c serving) 1% Milk (8oz)	5/19- <b>Taco Seasoned Chicken</b> (2oz) Shredded Cheese (.5oz) *Salsa, Tomato, Scallions in Lime Dressing (1/2c) Applesauce (1/4c) WG Tortilla (28g) 1% Milk (8oz)	5/20-* <b>Turkey &amp; Cheese</b> (3oz) on WG Rich Sandwich Bread Mayonnaise & Mustard Packet *Potato Salad (2/3c) Fruit Cocktail (1/4c) WG Rich Bread (1 slice, 28g) 1% Milk or Fat Free Flavored Milk (8oz)
5/23-* <b>Egg Salad</b> (3oz) Baby Carrots (1/4c) Cherry or Grape Tomatoes (1/4c) LF Ranch Dressing Peaches (1/4c) WG Crackers (22g) 1% Milk(8oz)	5/24- <b>Buffalo Seasoned Chicken</b> (2oz) Shredded Cheese (.5oz) *Creamy Coleslaw(1/2c) Pineapple (1/4c) WG Tortilla (28g) 1% Milk (8oz)	5/25-* <b>Tuna Salad</b> (3oz) Cherry or Grape Tomatoes (1/4c) Cucumber (1/4c) LF Ranch Dressing Pears (1/4c) WG Crackers (22g) 1% Milk (8oz)	5/26- <b>Chicken</b> (2oz) & Cheese (.5oz) in *Macaroni Salad Mixed Green Salad with Shredded Carrots (1c) LF Italian Dressing Mandarins (1/4c) WG Macaroni (1/2c in 3/4c serving) 1% Milk (8oz)	5/27-* <b>Beef Bologna &amp; Cheese</b> (3oz) on WG Rich Sandwich Bread Mayonnaise & Mustard Packet *Potato Salad (2/3c) Fruit Cocktail (1/4c) WG Rich Bread (1 slice, 28g) 1% Milk or Fat Free Flavored Milk (8oz)
5/30-* <b>Chicken Salad</b> (3oz) Baby Carrots (1/4c) Cherry or Grape Tomatoes (1/4c) LF Ranch Dressing Mandarins (1/4c) WG Crackers (22g) 1% Milk (8oz)	5/31- <b>Taco Seasoned Chicken</b> (2oz) Shredded Cheese (.5oz) *Salsa, Tomato, Scallions in Lime Dressing (1/2c) Pineapple (1/4c) WG Tortilla (28g) 1% Milk (8oz)	6/1- <b>Tuna</b> (2oz) & Cheese (.5oz) in *Macaroni Salad Cherry or Grape Tomatoes (1/4c) Cucumber (1/4c) LF Ranch Dressing Peaches (1/4c) WG Macaroni (1/2c in 3/4c serving) 1% Milk (8oz)	6/2-* <b>Beef Salami</b> (2oz) Cheese (1oz) Mayonnaise & Mustard Packet Mixed Green Salad with Shredded Carrots (1c) LF Italian Dressing Pears (1/4c) WG Roll (28g) 1% Milk	6/3-* <b>Beef Bologna &amp; Cheese</b> (3oz) on WG Rich Sandwich Bread Mayonnaise & Mustard Packet *Potato Salad (2/3c) Fruit Cocktail (1/4c) WG Rich Bread (1 slice, 28g) 1% Milk or Fat Free Flavored Milk (8oz)