

Quality Culinary –

May 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>5/2-*Ropa Vieja (2oz) Black Beans (1/2c) Pineapple (1/4c) Brown Rice (1/2c) 1% Milk (8oz)</p>	<p>5/3-*Breaded Chicken Patty (2oz) Green Peas (1/2c) Apple Slices (1/4c) Roll (1 ea) 1% Milk (8oz)</p>	<p>5/4-*Meatloaf (2oz) Ketchup Fresh Mashed Potato (1/2c) Fruit Cocktail (1/4c) Whole Grain Bread (1 slice) 1% Milk (8oz)</p>	<p>5/5-*Spaghetti & Meat Sauce (2oz) Steamed Baby Carrots (1/2) Salad (spinach, romaine, tomato, cucumber) (1/2c) Macaroni (1/4c) Garlic Bread (1 slice) LF Ranch Dressing 1% Milk (8oz)</p>	<p>5/6-*Slice - Cheese Pizza (2oz) Mixed Vegetables (1/2c) Pears (1/4c) Pizza Crust (1 slice) 1% Milk (8oz)</p>
<p>5/9-*Roast Beef (2oz) Green Peas (1/2c) Pineapple (1/4c) Brown Rice or Enriched White Rice (1/2c) 1% Milk (8oz)</p>	<p>5/10-*Breaded Fish (2oz) Ketchup Steamed Baby Carrots (1/2c) Salad (spinach, romaine, tomato, cucumber) (1/2c) Soft Roll (1 ea) LF Italian Dressing 1% Milk (8oz)</p>	<p>5/11-*Picadillo (2oz) Yucca (1/2c) Mixed Vegetables (1/4c) Congri (1/2c) 1% Milk (8oz)</p>	<p>5/12-*Baked Chicken (2oz) Butternut Squash (1/2c) Broccoli (1/4c) Cuban Bread (1 slice) LF Ranch Dip 1% Milk (8oz)</p>	<p>5/13-*Hamburger (2oz) Bun (1 ea) Oven Fried Potatoes (1/2c) Pears (1/4c) Lettuce & Tomato 1% Milk (8oz)</p>
<p>5/16-*Chicken Gravy/Sauce (2oz) Peas & Carrots (1/2c) Peaches (1/4c) *Macaroni & Cheese (1/2c) 1% Milk (8oz)</p>	<p>5/17-*Beef Empanada (2oz) Congri (1/2c) Plantains (1/2c) Tomato Slices (1/4c) 1% Milk (8oz)</p>	<p>5/18-*Ravioli Broccoli, Cauliflower, Carrots (1/2c) Mandarins (1/4c) WG Roll (1 ea) 1% Milk (8oz)</p>	<p>5/19-*Cuban Stew with Beef (2oz) Mixed Vegetables (1/2c) Moros (1/2c) Fresh Fruit (1/4c) 1% Milk (8oz)</p>	<p>5/20-*Chicken Nuggets (2oz) Fresh Mashed Potatoes Salad (spinach, romaine, tomato, cucumber) (1/2c) Italian Dressing Soft Roll (1 ea) 1% Milk (8oz)</p>
<p>5/23-*Baked Sliced Chicken (2oz) Roasted Sweet Potato (1/2c) Fresh Broccoli Florets(1/4c) LF Ranch Dressing Whole Grain Bread (1 slice) 1% Milk (8oz)</p>	<p>5/24-*Beefaroni (2oz) Cooked Carrots (1/2c) Applesauce (1/4c) Macaroni (1/4c) Garlic Bread (1 slice) 1% Milk (8oz)</p>	<p>5/25-*Picadillo (2oz) Corn (1/2c) Fresh Fruit (1/4c) Congri (1/4c-1/2c) Cuban Bread (1 slice) 1% Milk (8oz)</p>	<p>5/26-*Lasagna with Ground Turkey or Beef (2oz) Mixed Vegetables (1/2c) Mandarin Oranges (1/4c) Soft Roll (1 ea) 1% Milk (8oz)</p>	