



TMS MENU MAY 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken and Cheese Quesadilla Chips Pico Gallo Chocolate Pudding	3 Grass Fed Beef Burger (hidden vegetables) Lettuce and Tomato Sweet potato fries Mini brownie	4 Penne Pomodoro (parmesan cheese on the side) Garlic Bread Apple Sauce	5 Organic Chicken Tenders Tater tots Fresh fruit	6 Mandelstam Pizza Day
9 Mac and Cheese Garlic Bread Jell-o	10 Lean beef picadillo (hidden Vegetables) Rice, Beans and Corn Chocolate Pudding	11 Chicken teriyaki (sauce on the side) White Rice Sauté Broccoli Fresh fruit	12 Breakfast for lunch Turkey Bacon Waffles Organic Yogurt Fresh fruit	13 Mandelstam Pizza Day
16 Hotdog Homemade potato chips Fresh Fruit	17 Cheese Ravioli with pomodoro (sauce on the side) Garlic bread Apple sauce	18 Grass fed beef hard tacos Pico de gallo Sour cream Shredded lettuce Shredded cheese Jell-o	19 Fish sticks (wild caught) French fries Mini brownie	20 Mandelstam Pizza Day
23 Penne Pomodoro (parmesan cheese on the side) Garlic Bread Chocolate pudding	24 Grass Fed Beef Burger (hidden vegetables) Lettuce and Tomato Sweet potato fries Fresh fruit	25 Organic Chicken Tenders Tater tots Mini brownie	26 Early release No lunch provided	27 Early release No lunch provided
30 No School	31 No School	1	ALTERNATIVE CHOICES -Chicken Tenders (gluten Free) -Baked Wild Caught Fish Sticks -Burger with Homemade potato chips - Hot Dog (nitrate free) with Homemade potato chips -Grilled chicken with white rice -Cheese Ravioli with Pomodoro sauce or butter and parmesan cheese -Chicken Caesar Salad	Please contact us for your child special requirements or submit changes to: mysprout2016@gmail.com (MUST receive 24 hours prior to service date)

Veggie Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Cheese Quesadilla Chips Pico Gallo Chocolate Pudding	3 Veggie Burger Lettuce and Tomato Sweet potato fries Mini brownie	4 Penne Pomodoro (parmesan cheese on the side) Garlic Bread Apple Sauce	5 Veggie Wrap Homemade potato chips Fresh fruit	6 Mandelstam Pizza Day
9 Mac and Cheese Garlic Bread Jell-o	10 Beans Wgite rice Corn Chocolate Pudding	11 Tofu teriyaki (sauce on the side) White Rice Sauté Broccoli Fresh fruit	12 Breakfast for lunch Boiled egg Waffles Organic Yogurt Fresh fruit	13 Mandelstam Pizza Day
16 Falafel Homemade potato chips House salad Fresh Fruit	17 Cheese Ravioli with pomodoro (sauce on the side) Garlic bread Apple sauce	18 Beans hard tacos Pico de gallo Sour cream Shredded lettuce Shredded cheese Jell-o	19 Lentils White rice Tomatoes Mini brownie	20 Mandelstam Pizza Day
23 Penne Pomodoro (parmesan cheese on the side) Garlic Bread Chocolate pudding	24 Veggie Burger Lettuce and Tomato Sweet potato fries Fresh fruit	25 Veggie wrap Tater tots Mini brownie	26 Early release No lunch provided	27 Early release No lunch provided
30 No School	31 No School	1	ALTERNATIVE CHOICES -Chicken Tenders (gluten Free) -Baked Wild Caught Fish Sticks -Burger with Homemade potato chips - Hot Dog (nitrate free) with Homemade potato chips -Grilled chicken with white rice -Cheese Ravioli with Pomodoro sauce or butter and parmesan cheese -Chicken Caesar Salad	Please contact us for your child special requirements or submit changes to: mysprout2016@gmail.com (MUST receive 24 hours prior to service date)