



TMS May 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Gluten free Chicken tenders French Fries Fresh fruit	2 Beef Meatballs with Gravy (sauce on the side) Mashed Potato Corn Jell-o	3 Breakfast for Lunch Turkey bacon Waffle with Syrup Organic Yogurt Fresh Fruit	4 Chicken Penne Alfredo Steam Broccoli Apple Sauce	5 TMS PIZZA DAY
8 Grass fed Burger (hidden onions & parsley) Tomato & lettuce French Fries Fresh Fruit	9 Penne Pomodoro Garlic Bread Garden salad (cucumber, tomato green mix, ranch sauce) Chocolate Pudding	10 Chicken and Cheese Quesadilla Chips Pico de gallo Sugar Cookie	11 Baked Fish Sticks w/ Tartar sauce Tater Tots Baby Carrots Mini Brownie	12 TMS PIZZA DAY
15 Mac & Cheese Caesar Salad Garlic Bread Sugar Cookie	16 Grassfed Ground Beef Picadillo Rice and Beans Corn Jell-o	17 Hot Dog Homemade Potato Chips Fresh fruit	18 Grilled chopped Chicken Yellow rice Steam vegetables Apple Sauce	19 TMS PIZZA DAY
22 Turkey Burger (hidden onions & parsley) Tomato & lettuce French Fries Fresh Fruit	23 Chicken Teriyaki White Rice Steam Broccoli Chocolate Pudding	24 Cheese Tortellini with organic Pomodoro sauce (sauce on the side) Caesar Salad Garlic Bread Mini Brownie	25 Baked Fish Sticks w/ Tartar sauce Homemade Potato Chips Baby Carrots Fresh Fruit	26 Last day of school



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Lentils White rice House Salad Fresh fruit	2 Veggie Meatballs Mashed Potato Corn Jell-o	3 Breakfast for Lunch Boiled Egg Waffle with Syrup Organic Yogurt Fresh Fruit	4 Penne Alfredo Steam Broccoli Apple Sauce	5 TMS PIZZA DAY
8 Veggie Burger Tomato & lettuce French Fries Fresh Fruit	9 Penne Pomodoro Garlic Bread Garden salad (cucumber, tomato green mix, ranch sauce) Chocolate Pudding	10 Cheese Quesadilla Chips Pico de gallo Sugar Cookie	11 Mozzarella Sticks Tater Tots Baby Carrots Mini Brownie	12 TMS PIZZA DAY
15 Mac & Cheese Caesar Salad Garlic Bread Sugar Cookie	16 Black Beans Rice Corn Jell-o	17 Falafel Homemade Potato Chips House salad Fresh fruit	18 Grilled Tofu Yellow rice Steam vegetables Apple Sauce	19 TMS PIZZA DAY
22 Veggie Burger Lettuce and Tomato French Fries Fresh Fruit	23 Tofu Teriyaki White Rice Steam Broccoli Chocolate Pudding	24 Cheese Tortellini with organic Pomodoro sauce (sauce on the side) Caesar Salad Garlic Bread Mini Brownie	25 Mozzarella Sticks Tartar sauce Homemade Potato Chips Baby Carrots Fresh Fruit	26 Last day of school