

MAY 2023

Vinalhaven

LUNCH



School Information:

Early Release @ Noon 5/26

No School 5/29

CRB = Chicken Bacon Ranch



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

Meatballs Subs
Alt: Turkey Sandwiches
Green beans
Fruit

1

TUESDAY

Waffle Bar
Alt: Yogurt Meal
Hash browns
Fruit

2

****Joe's Favorite****

WEDNESDAY

Buffalo Chicken Dip
Alt: Grilled Cheese
Peas
Fruit

3

THURSDAY

Chicken Salad Subs
Alt: Egg Salad Subs
Raw veggies
Fruit

4

FRIDAY

BBQ Chicken Pizza
Alt: Cheese Pizza
Caesar salad
Fruit

5

Chicken Burgers
Alt: Yogurt Meal
Beans, tots
Fruit

8

Beef Tacos
Alt: Ham Sandwiches
Corn
Fruit

9

Grilled Cheese w. Soup
Alt: Ham Cracker Stackers
Broccoli
Fruit

10

Chicken Pot Pie
Alt: Grilled Cheese
Green beans
Fruit

11

Meat Pizza
Alt: Cheese Pizza
Caesar salad
Fruit

12

Cheeseburgers
Alt: Turkey Sandwiches
Beans
Fruit

15

Chicken Alfredo Lasagna
Alt: Turkey Cracker Stacker
Peas
Fruit

16

****Kyle's Favorite****

Chop Suey
Alt: Grilled Cheese
Peas
Fruit

17

Turkey BLTs
Alt: Yogurt Meal
Raw Veggies
Fruit

18

Buffalo Chicken Pizza
Alt: Cheese Pizza
Caesar salad
Fruit

19

****Trey's Favorite****

Shepherd's Pie
Alt Grilled Cheese
Peas
Fruit

22

Baked Potato Bar
Alt: Yogurt Meal
Broccoli
Fruit

23

Mac 'n Cheese
Alt: Ham Cracker Stacker
Broccoli
Fruit

24

Pepperoni Pizza
Alt: Cheese Pizza
Caesar salad
Fruit

25

PB&J Bagged Lunches

26

Early Release @ Noon

Memorial Day

29

No School

Beef Nachos
Alt: Cheese Nachos
Corn
Fruit

30

CBR Casserole
Alt: Grilled Cheese
Peas
Fruit

31

