

MAY 2022

Vinalhaven

LUNCH



School Information:

Early Release @ 11:30 on 5/6 and 5/27

No School on 5/30

**PB&J is always available



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

Mini Corndogs
Alt: Grilled Cheese
Baked beans
Fruit

2

TUESDAY

Beef Nachos
Alt: Cheese Nachos
Corn, black beans
Fruit

3

WEDNESDAY

Mozzarella Sticks
Alt: Turkey Cracker Stacker
Caesar salad
Fruit

4

THURSDAY

Cinco De Mayo
Meat Lovers Pizza
Alt: Cheese Pizza
Raw veggies
Fruit

5

FRIDAY

School Lunch Hero Day
PB&J Bagged Lunch
Early Release @ 11:30

6

Fish Sticks
Alt: Grilled Cheese
Peas
Fruit

9

Beef Tacos
Alt: Ham and Cheese Sandwich
Corn
Fruit

10

Shepherd's Pie
Alt: Grilled Cheese
Green beans
Fruit

11

Ham BLTs
Alt: Yogurt Meal
Raw veggies
Fruit

12

Buffalo Chicken Pizza
Alt: Cheese Pizza
Caesar salad
Fruit

13

Chicken Nuggets
Alt: Grilled Cheese
Baked beans, fries
Fruit

16

Breakfast Sandwiches
Alt: Yogurt Meal
Homefries
Fruit

17

Bacon Grilled Cheese
Alt: Grilled Cheese
Green beans
Fruit

18

Ham Italians
Alt: Pepperoni Cracker Stacker
Raw veggies
Fruit

19

Veggie Pizza
Alt: Cheese Pizza
Caesar Salad
Fruit

20

Cheeseburgers
Hamburgers
Baked beans, fries
Fruit

23

Hot Ham & Cheese
Alt: Grilled Cheese
Peas
Fruit

24

Pulled Pork Sandwiches
Alt: Turkey & Cheese Sandwiches
Caesar salad
Fruit

25

Hawaiian Pizza
Alt: Cheese Pizza
Raw veggies
Fruit

26

PB&J Bagged Lunch
Early Release @ 11:30

27

Memorial Day

30

KFC Bowls
Alt: Grilled Cheese
Corn
Fruit

31

