

MAY 2022 MENU



GOURMET EXPRESS (404)371-4566

MAY MENU

MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6
<p><u>Breakfast</u> Cheerios Cereal Apple Sauce 100% Fruit Juice (DAR) Milk</p> <p><u>Lunch</u> Sweet & Sour Chicken Steamed Brown Rice Green Beans Mandarins (DAR) Milk</p>	<p><u>Breakfast</u> Wheat Strawberry Chex Mix Diced Peaches 100% Fruit Juice (DAR) Milk</p> <p><u>Lunch</u> Spaghetti & Meatball Whole Wheat Spaghetti Mixed Vegetables Pineapple Tidbits (DAR) Milk</p>	<p><u>Breakfast</u> Granola Bars Banana (DAR) String Cheese 100% Fruit Juice (DAR) Milk</p> <p><u>Lunch</u> Brown Sugar Garlic Chicken Legs Steamed Brown Rice Roasted Corn Diced Pears (DAR) Milk</p>	<p><u>Breakfast</u> (DAR) Blueberry Muffins Apple Sauce 100% Fruit Juice (DAR) Milk</p> <p><u>Lunch</u> (DAR) Beefy Mack (w/wheat noodles) Cheddar Cheese Roasted Broccoli Whole Apples (DAR) Milk</p>	<p><u>Breakfast</u> Golden Graham Cereal Bar Whole Pears 100% Fruit Juice (DAR) Milk</p> <p><u>Lunch</u> (DAR) Turkey & American Cheese Sandwich Whole Wheat Bread Grape Tomatoes Mixed Fruit (DAR) Milk</p>
MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13
<p><u>Breakfast</u> Pop Tarts Apple Sauce 100% Fruit Juice (DAR) Milk</p> <p><u>Lunch</u> Hawaiian Meatballs Brown Rice Pilaf w/ Red Peppers Roasted Carrots Pineapple Tidbits (DAR) Milk</p>	<p><u>Breakfast</u> Apple Cinnamon Cereal Orange Wedges 100% Fruit Juice (DAR) Milk</p> <p><u>Lunch</u> BBQ Chicken Legs Curried Cabbage (DAR) Corn Bread Fruit Cocktail (DAR) Milk</p>	<p><u>Breakfast</u> Nutri Grain Bars (DAR) String Cheese Mixed Fruit 100% Fruit Juice (DAR) Milk</p> <p><u>Lunch</u> Beef Nachos Wheat Nacho Chips Black Beans Mandarins (DAR) Milk</p>	<p><u>Breakfast</u> (DAR) Yogurt Banana 100% Fruit Juice (DAR) Milk</p> <p><u>Lunch</u> (DAR) Coconut Curried Chicken Yellow Rice Golden Corn Diced Pear (DAR) Milk</p>	<p><u>Breakfast</u> (DAR) Cinnamon Pastry Rolls Diced Peaches 100% Fruit Juice (DAR) Milk</p> <p><u>Lunch</u> Grilled Chicken Salad Sandwich Whole Wheat Bread Garden Salad w/ Dressing Apple Sauce (DAR) Milk</p>

MAY 2022 MENU

MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20
<p><u>Breakfast</u> Raisin Bran Cereal Whole Apples 100% Fruit Juice (DAR) Milk</p> <p><u>Lunch</u> Sloppy joe Whole Wheat Bun Green Beans Mandarin (DAR) Milk</p>	<p><u>Breakfast</u> Apple Filled Pastry Frudel Diced Peaches 100% Fruit Juice (DAR) Milk</p> <p><u>Lunch</u> Teriyaki Chicken W/ Asian Noodles Whole Wheat Noodles Broccoli Stir Fry Diced Peaches (DAR) Milk</p>	<p><u>Breakfast</u> Granola Bars Apple Sauce (DAR) String Cheese 100% Fruit Juice (DAR) Milk</p> <p><u>Lunch</u> Spaghetti & Meatball Whole Wheat Spaghetti Mixed Vegetables Pineapple Tidbits (DAR) Milk</p>	<p><u>Breakfast</u> Wheat Strawberry Chex Mix Whole Pears 100% Fruit Juice (DAR) Milk</p> <p><u>Lunch</u> (DAR) Garlic Chicken Alfredo Whole Wheat Pasta Green Peas Fruit Cocktail (DAR) Milk</p>	<p><u>Breakfast</u> (DAR) Blueberry Muffins Mixed Fruit 100% Fruit Juice (DAR) Milk</p> <p><u>Lunch</u> (DAR) Turkey & American Cheese Sandwich Whole Wheat Bread Baby Carrots Orange Wedges (DAR) Milk</p>
MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27
<p><u>Breakfast</u> Golden Graham Cereal Bar Mandarins 100% Fruit Juice (DAR) Milk</p> <p><u>Lunch</u> Beef Hot Dogs Wheat Hot Dog Buns Baked Beans Diced Pear (DAR) Milk</p>	<p><u>Breakfast</u> Cheerios Cereal Apple Sauce 100% Fruit Juice (DAR) Milk</p> <p><u>Lunch</u> Brown Sugar Garlic Chicken Legs Steamed Brown Rice Roasted Corn Pineapple Tidbits (DAR) Milk</p>	<p><u>Breakfast</u> Nutri Grain Bars (DAR) String Cheese Mixed Fruit 100% Fruit Juice (DAR) Milk</p> <p><u>Lunch</u> (DAR) Beefy Mack (w/wheat noodles) Cheddar Cheese Roasted Broccoli Mandarins (DAR) Milk</p>	<p><u>Breakfast</u> Apple Filled Pastry Frudel Banana 100% Fruit Juice (DAR) Milk</p> <p><u>Lunch</u> Mango Chili Chicken Herb Brown Rice Kidney Beans Apple Sauce (DAR) Milk</p>	<p><u>Breakfast</u> (DAR) Yogurt Orange Wedges 100% Fruit Juice (DAR) Milk</p> <p><u>Lunch</u> Grilled Chicken Salad Sandwich Whole Wheat Bread Grape Tomatoes Whole Pears (DAR) Milk</p>

MAY 2022 MENU

MONDAY 30	TUESDAY 31			
<p>NO SCHOOL</p>	<p>Breakfast Granola Bars Whole Apples (DAR) String Cheese 100% Fruit Juice (DAR) Milk</p> <p>Lunch BBQ Chicken Legs Curried Cabbage (DAR) Corn Bread Diced Pears (DAR) Milk</p>			

MENU NOTIFICATIONS

(DAR)- Dairy used in Meal

(VEG) – Vegetarian Options

(W/W) – Whole Wheat

NUTS – Nuts are never served. We serve Soy or Sunflower butter as a peanut butter substitute

PORK – Pork is never served

Substitutions – Due to the Covid-19 pandemic, the entire country is experiencing consistent supply chain shortages. The food supply chain is no exception. We reserve the right to make menu or supply item substitutions whenever necessary without prior notice. We will update customers as soon as possible so that they can make the necessary adjustments.