

# May

Monongalia County Schools



# 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Mac & Cheese <b>1</b> Spin.Salad; Fruit Cocktail Fruit Bar Milk – 8 oz Serving	Cheese Pizza (Slice) <b>2</b> Steamed Broccoli & Cali Purple Daze Smoothie Milk – 8 oz Serving	Grilled Cheese <b>3</b> Tomato Soup; Peaches Br. Sprouts w/ Bacon Milk – 8 oz Serving	Chicken & Waffles <b>4</b> Potato Smiles Cole Slaw, Apple Slices Milk – 8 oz Serving	Taco Salad <b>5</b> Tortilla Chips ; Salsa Black Beans; Grapes Milk – 8 oz Serving	<b>6</b>
<b>7</b>	BBQ Chicken <b>8</b> Corn Bread; Fresh Pear Red Potatoes; Carrots Milk – 8 oz Serving	School Pepperoni Roll <b>9</b> Broccoli; Ranch Cup Veg. Juice Box; Applesauce Milk – 8 oz Serving	Lasagna Roll <b>10</b> Breadstick; Cantaloupe Garden Salad w/ Dressing Milk – 8 oz Serving	Country Fried Steak <b>11</b> Mashed Pot. w/ gravy; Roll Pinto Beans; Pine. Slice Milk – 8 oz Serving	Fish Sticks <b>12</b> Peas; Cuc. slices; Goldfish; Orange Slices Milk – 8 oz Serving	<b>13</b>
<b>14</b>	Chicken Sandwich <b>15</b> Roasted Potatoes Baked Beans; Fruit Cocktail Milk – 8 oz Serving	Chef Salad <b>16</b> Apple Slices; Cookie Cheddar Popcorn Milk – 8 oz Serving	School Choice Entrée <b>17</b> Whole Grain Choice Fruit and Vegetables Milk – 8 oz Serving	Ham w/ Baked Roll <b>18</b> Mashed Pot.; Cranberries Green Beans Milk – 8 oz Serving	Popcorn Chicken <b>19</b> Cali Blend; Pears; Choc. Chex Mix Milk – 8 oz Serving	<b>20</b>
<b>21</b>	Orange Chicken <b>22</b> Fried Rice; Stir Fry Mand. Oranges Milk – 8 oz Serving	School Baked Pizza <b>23</b> Kale Salad w/ Dressing Apple Slices w/ Dip Milk – 8 oz Serving	Philly Steak Hoagie <b>24</b> Juice Box; Cookies Broccoli and Carrots Milk – 8 oz Serving	Cheese Quesadilla <b>25</b> Tortilla Chips/Salsa; Pine. Chunks; Black Beans Milk – 8 oz Serving	Mini Corn Dog <b>26</b> Tater Tots; Fresh Apple Celery w/ Ranch Cup Milk – 8 oz Serving	<b>27</b>
<b>28</b>	<b>memorial DAY</b> <b>29</b> 	School Choice Entrée <b>30</b> Whole Grain Choice Fruit and Vegetables Milk – 8 oz Serving	School Choice Entrée <b>31</b> Whole Grain Choice Fruit and Vegetables Milk – 8 oz Serving			

Submit Free/Reduced Applications and PAST DUE meal payments by credit card/debit card at: <https://www.schoolcafe.com> \* All Menu Items are subject to change due to availability.