## Tate's School Farm May 2024 Lunch Menu Monday **Thursday** Friday Tuesday Wednesday 1 **Pork Carnitas Bacon Mac and Cheese** Sloppy Joe Sandwich **Daily Options:** OR: Mac and Cheese **OR:** Vegetarian Burger **Or Quinoa Carnaitas** WITH: WITH: Flour Tortilla Elote Street Corn Spanish Rice Refried Beans Fresh Whole Fruit Cinnamon Churros Green Peas Fried Onions Apple Slices **Variety Of Deli Sandwiches** Variety Chips Pickle Wedge Watermelon Wedge **Lettuce Eat! Salad Bar Balanced Bite Hot Bar Italian Sub** Corndog **Chicken Gyros Orange Chicken** Pepperoni Pizza etarian Corndog **OR: Vegetarian Sub OR:** Orange Cauliflower or: Ve **OR: Roasted Cheese Pizza** with: WITH: **Chickpea Gyros** WITH: Baked Beans Fruit/Vegetable **Antipasto Pasta Salad** WITH: WITH: Roasted Broccoli Fresh Whole Fruit Blondies Sliced Red Onion Pita Bread Sliced Cucumbers Tzatziki Sauce Orange Wedges Jasmine Rice Sliced Tomato Green Beans Apple slices Mixed Fruit 13 Chicken Tenders **16 STUDENTS LAST DAY! Cheesy Italian Lasagna Homestyle Waffles Turkey and Cheese OR: Breaded** WITH: **OR:** Wow Butter and Jelly WITH: Garlic Breadstick **Cauliflower Bites** WITH:

WITH: **Roasted Potato Bites** Green Beans Cantaloupe Wedge Honey Mustard

Vegetable Medley Fresh Whole Fruit

Syrup Pork Sausage Patties Cheesy Grits Fresh Whole Fruit

Variety Chips Fresh Fruit Chocolate Chip Cookie





Milk and Water Served with Lunch

V = Vegetarian Entrée Options

Fresh Fruit is Available Every Day!

We are committed to Healthy, Nutritious & Delicious Meals. Locally sourced ingredients included whenever possible. No High Fructose Corn Syrup, Trans Fats, or MSG are used in our recipes.

May 2024 Tate's School Farm				Allergen List
Monday	Tuesday	Wednesday	Thursday	Friday
<u>Daily Options:</u> Variety Of Deli Sandwiches  Lettuce Eat! Salad Bar  Balanced Bite Hot Bar		1 Bacon Mac and Cheese <b>W,M</b> Mac and Cheese <b>W,M</b> Green Peas <b>None</b> Fried Onions <b>W</b> Apple Slices <b>None</b>	2 Sloppy Joe Sandwich W Vegetarian Burger W,S Variety Chips W,M,S Bun W,M Pickle Wedge None Watermelon Wedge None	Pork Carnitas None Quinoa None Flour Tortilla W Elote Street Corn E,M Spanish Rice None Refried Beans None Fresh Whole Fruit None Cinnamon Churros W,M,E,S
6 Italian Sub <b>W,M</b> Vegetarian Sub <b>W,M</b> Antipasto Pasta Salad <b>W,M</b> Sliced Red Onion <b>None</b> Sliced Tomato <b>None</b> Mixed Fruit <b>None</b>	7 Chicken Gyros <b>None</b> Chickpea Gyros <b>None</b> Pita Bread <b>W</b> Sliced Cucumbers <b>None</b> Tzatziki Sauce <b>M</b> Orange Wedges <b>None</b>	8 Corndog W,S,E Vegetarian Corndog W,S,M,E Baked Beans None Watermelon	9 Orange Chicken W,S Cauliflower Bites W,E,M,S Jasmine Rice None Green Beans None Appl e Slices None	10 Pepperoni Pizza W,M Cheese Pizza W,M Roasted Broccoli None Fresh Whole Fruit None Blondies W,M,E
13 Chicken Tenders W Cauliflower Bites W,M.E,S Roasted Potato Bites W Green Beans None Cantaloupe Wedge None Honey Mustard E	14 Cheesy Italian Lasagna W,E,M Garlic Breadstick W,M Vegetable Medley None Fresh Whole Fruit None	15 Homestyle Waffles W,M Syrup None Pork Sausage Patties None Cheesy Grits M Fresh Whole Fruit None	16 Turkey and Cheese W,M Wow Butter and Jelly W Variety Chips W,M,S Fresh Fruit None Chocolate Chip Cookie W,M,E,S	ChefAdvantage



## **ALLERGEN KEY:**

Soy = S

Wheat = W

Egg = E

Milk = M

Fish = F

This list is comprised of the most common allergens we chart, including eggs, soy, fish, wheat,

Though we have identified most possible allergens and ingredients, this form is intended as a broad reference only. While we make every attempt to identify these common allergens, please know that it is ultimately up to you, the parent, to help your child avoid problem foods. We urge parents of children with severe allergies to work closely with your pediatrician and your school before deciding on whether or not to participate in the school lunch program