



# Monkton Munch Lion Cafe

## Lunch Menu

Jenny VanNosdeln, Manager and Deb Preston Assistant

# MAY 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Contact us at: 453-2314
<b>1</b> <b>Cheesy Whole Grain Bread Sticks</b> w/ Marinara Dipping Sauce Tender Sweet Peas <b>FRESH FRUIT &amp; VEGGIE BAR</b>	<b>2 BRUNCH FOR LUNCH</b> Scrambled Eggs Sausage Links French Toast Sticks w/Maple Syrup Steamed Broccoli <b>FRESH FRUIT &amp; VEGGIE BAR</b>	<b>3</b> <b>Chicken and Cheese or Cheese Quesadilla</b> Brown Rice and Beans Sweet Potato Half <b>FRESH FRUIT &amp; VEGGIE BAR</b>	<b>4</b> <b>Sloppy Joes on Whole Wheat Bun</b> Potato Salad <b>FRESH FRUIT &amp; VEGGIE BAR</b>	<b>5</b> <b>Chicken Patty or Veggie Burger on Whole Wheat Bun</b> Buttery Green Beans Maple Roasted Carrots <b>FRESH FRUIT &amp; VEGGIE BAR</b>	 <p><b>ANESU</b>  <b>Food Service</b>  <b>Cooperative</b></p>
<b>8</b> <b>Spaghetti w/ Meat Sauce or Marinara</b> Steamed Broccoli Cottage Cheese Garlic Bread <b>FRESH FRUIT &amp; VEGGIE BAR</b>	<b>9</b> <b>Shepherd's Pie or Warm Lentils &amp; Spinach</b> Buttery Green Beans Homemade WW Roll <b>FRESH FRUIT &amp; VEGGIE BAR</b>	<b>10 PIZZA</b> Cheese, Pepperoni, Veggie Caesar Salad with Romaine <b>FRESH FRUIT &amp; VEGGIE BAR</b>	<b>11</b> <b>Chicken Fajita on Whole Wheat Tortilla</b> Grilled Peppers & Onion Brown Rice Mexican Beans <b>FRESH FRUIT &amp; VEGGIE BAR</b>	<b>12</b> <b>Egg Salad or Chicken Salad Sandwich on WW Hot Dog Bun</b> Carrot Sticks w/ Hummus <b>FRESH FRUIT &amp; VEGGIE BAR</b>	
<b>15 BRUNCH for LUNCH</b> French Toast Apple Bake w/ Maple Syrup Sausage Link Roasted Roots <b>FRESH FRUIT &amp; VEGGIE BAR</b>	<b>16 Burritos</b> <b>Beef or Bean On Whole Wheat Tortilla with Cheese</b> Brown Rice Corn <b>FRESH FRUIT &amp; VEGGIE BAR</b>	<b>17</b> <b>BBQ Chicken on a WW Bun</b> Creamy Coleslaw Sweet Potato Half <b>FRESH FRUIT &amp; VEGGIE BAR</b>	<b>18</b> <b>Grilled Cheese or Grilled Ham &amp; Cheese</b> Spinach Salad Tomato Soup <b>FRESH FRUIT &amp; VEGGIE BAR</b>	<b>19</b> <b>Baked Ham or Baked Tofu</b> Scalloped Potatoes Green Beans <b>FRESH FRUIT &amp; VEGGIE BAR</b>	<p><b>Meal Prices</b>  <b>Breakfast \$1.25</b>  <b>Lunch \$2.50</b>  <b>Adults \$5.00</b>  <b>Free and Reduced</b>  <b>NO CHARGE for meals MILK ONLY - \$.50</b>            (not included as part of the Free &amp; Red. Meals Program)</p>
<b>22</b> <b>Creamy Cabot Macaroni and Cheese</b> Tender Sweet Peas <b>FRESH FRUIT &amp; VEGGIE BAR</b>	<b>23</b> <b>Hearty Beef Chili or Veggie Chili</b> With Tortilla Chips Cornbread Green Beans <b>FRESH FRUIT &amp; VEGGIE BAR</b>	<b>24</b> <b>Stromboli Day</b> <b>Pepperoni, Cheese or Veggie Stromboli</b> Steamed Broccoli <b>FRESH FRUIT &amp; VEGGIE BAR</b>	<b>25</b> <b>Chicken Tenders or Crispy Baked Tofu with BBQ Dipping Sauce</b> Sweet Potato Souffle Homemade Muffin <b>FRESH FRUIT &amp; VEGGIE BAR</b>	<b>26</b> <b>Turkey, Bacon, and Cheese on Whole Wheat Tortilla</b> <b>Broccoli Soup</b> White Bean Salad <b>FRESH FRUIT &amp; VEGGIE BAR</b>	<p><b>Go to</b>  <a href="http://www.myschoolbucks.com">www.myschoolbucks.com</a>            to prepay for school meals</p> <p>VISIT OUR WEBSITE AT:  <a href="http://www.anesunutrition.com">www.anesunutrition.com</a></p>
<b>29</b> <b>NO SCHOOL MEMORIAL DAY</b>	<b>30</b> <b>Rotini with Meat Sauce or Cheese Sauce</b> Garlic Bread Peas <b>FRESH FRUIT &amp; VEGGIE BAR</b>	<b>31</b> <b>Misty Knoll Chicken Drumsticks or Baked Tofu</b> Pasta Salad Carrot Cranberry Salad <b>FRESH FRUIT &amp; VEGGIE BAR</b>	<p><b>Grab &amp; Go</b>  <b>BREAKFAST</b>  <b>SERVED DAILY</b>  <b>7:50-8:10</b></p>		<p>USDA is an equal opportunity provider and employer.</p>