

2018 Friendly Fork May Menu

1	Pot Roast, Glazed Carrots, Au Gratin Potatoes with Parsley, Wheat Roll, Butter, Creamy Coleslaw, Rocky Road Pudding, Milk 1%
2	Baked Salmon, Lemon, Tartar Sauce, Lemon Wedge, Brown Rice Pilaf, Melon and Jicama Mix, Nut Cup, Wheat Roll, Butter, Milk 1%
3	Swiss Steak, Mashed Red Potatoes, Green Bean Casserole, Wheat Roll, Butter, Cinnamon Applesauce, Milk 1%
4	Cornflake Baked Chicken, Gravy, Macaroni and Cheese, Broccoli, Cucumber Watermelon Salad, Apple Crisp, Milk 1%
7	Beef and Bean Burrito, Pico De Gallo, Mexi Corn, Orange, Apple, Banana, Morning Glory Muffin, Butter, Milk 1%
8	Beef Enchilada Casserole, Lettuce, Tomato, Spanish Rice, Black Bean Salad, Tropical Fruit, Milk 1%
9	Potato Soup, Wheat Crackers, Dill Chicken Salad with Grapes, Wheat Roll, Butter, Kiwi, Rice Krispie Treat, Milk 1%
10	Country Fried Steak with Gravy, Mashed Potatoes, Gravy, Strawberry Spinach Salad with Balsamic Vinaigrette, Mandarin Oranges, Pears, Blueberries, Milk 1%
11	Beef and Cabbage Casserole, Corn, Fruit Salad, Sunny Lemon Raspberry Muffin, Butter, Milk 1%
14	Roast Turkey with Gravy, Apple Cranberry Dressing, Baked Sweet Potato, Cranberry Velvet, Milk 1%
15	Split Pea and Ham Soup, Wheat Crackers, Chicken Salad Sandwich, Lettuce, Onion, Tomato, Melon Mix, Carrot Cake, Milk 1%
16	Chicken Pot Pie with Biscuit, Mint Cucumber Salad, Grapes, Pineapple, Banana, Fig Bar, Milk 1%
17	Teriyaki Beef, Fried Rice, Soy Sauce, Snap Peas, Orange and Apple Slices, Chocolate Muffin, Milk 1%
18	Roast Beef With Gravy, Green Beans with Red Peppers, Fresh Strawberries, Rice Pudding, Milk 1%

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21	Tomato Bisque, Wheat Crackers, Egg Salad Sandwich on Wheat Bread, Lettuce, Onion, Tomato, Carrot Raisin Slaw, Banana Muffin, Butter, Milk 1%
22	Turkey Bacon Wrap, Broccoli and Cauliflower, Mixed Fruit with Grapes, Strawberry Banana Bar, Milk 1%
23	French Dip, Au Jus Sauce, California Blend, Peaches, Pears and Cherries, Lemon Pudding, Milk 1%
24	Grilled Chicken on a Wheat Bun, Monterey Jack Cheese, Tomato, Onion, Lettuce, Apricots, Baked Beans, Mayonnaise and Mustard, Milk 1%
25	Tilapia, Lemon, Tartar Sauce, Creamy Rice Pilaf with Mushrooms, Spinach and Strawberries with Balsamic Vinegar Dressing, Citrus Cup, Fruit and Nut Bar Granola Bar, Milk 1%
28	Memorial Day No Meals
29	BBQ Beef on Bun, Creamy Coleslaw, Peas and Carrots, Pear, Peach, Orange, Apple and Grape Salad, Pumpkin Square, Milk 1%
30	Cream of Broccoli Soup, Wheat Crackers, Neptune Tuna in Pita Pocket, Cantaloupe with Fresh Strawberries, Sandy's Cookie, Milk 1%
31	Meat Sauce with Whole Wheat Pasta, Glazed Carrots, Marinated Vegetable Salad, Tropical Fruit, Oatmeal Cookie, Milk 1%