

MAY 2022 Fairmount Lunch Menu

| Monday 5/2                                                                                                                                                                      | Tuesday 5/3                                                                                                                                                                                                                    | Wednesday 5/4                                                                                                                                                                              | Thursday 5/5<br>Cinco de Mayo                                                                                                                                                                            | Friday 5/6<br>School Lunch Hero Day                                                                                                                                                                         |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Pulled Barbecue Pork on a Whole Grain Bun</p> <p>Rice and Peas<br/>Steamed Green Beans</p> <p>Tropical Fruit Salad, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p> | <p>Chicken Quesadilla with Sour Cream and Salsa</p> <p>Roasted Vegetable Blend, Refried Beans</p> <p>Apple Sauce, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p>                                                     | <p>Meatball Sub on a Whole Grain Roll</p> <p>Cole Slaw<br/>Sweet Potato Fries</p> <p>Diced Pears, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p>                                 | <p>Ground Beef Soft Tacos with Shredded Lettuce, Diced Tomatoes, Cheddar Cheese</p> <p>Buttered Corn, Spanish Rice</p> <p>Sliced Apples</p> <p>1% Milk or FF Chocolate Milk, 100% Juice,</p>             | <p><b>No School</b></p>                                                                                                                                                                                     |
| Monday 5/9                                                                                                                                                                      | Tuesday 5/10                                                                                                                                                                                                                   | Wednesday 5/11                                                                                                                                                                             | Thursday 5/12                                                                                                                                                                                            | Friday 5/13                                                                                                                                                                                                 |
| <p>Citrus Roasted Chicken</p> <p>Barbecue Baked Beans<br/>Lemony Carrots</p> <p>Diced Peaches, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p>                         | <p>Spaghetti and Meatballs with Marinara</p> <p>Steamed Broccoli<br/>Caesar Salad</p> <p>Apple Sauce, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p>                                                                 | <p>Baked Chicken Tenders with Dipping Sauce</p> <p>Baked Fries, California Blend Vegetables</p> <p>Sliced Apples, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p>                 | <p>Grilled Cheeseburger on a Whole Grain Bun</p> <p>Macaroni and Cheese, Mashed Sweet Mediterranean Blend Vegetables</p> <p>Watermelon, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p>         | <p>Cheese Pizza on Whole Grain Crust with Homemade Sauce</p> <p>Tossed Salad with Low Fat Dressing, California Blend Vegetable</p> <p>Diced Pears, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p> |
| Monday 5/16<br>National Barbecue Day                                                                                                                                            | Tuesday 5/17                                                                                                                                                                                                                   | Wednesday 5/18                                                                                                                                                                             | Thursday 5/19                                                                                                                                                                                            | Friday 5/20                                                                                                                                                                                                 |
| <p>Barbecue Chicken</p> <p>Steamed Green Beans,<br/>Macaroni Salad</p> <p>Apple Slices, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p>                                | <p>Extra Cheesy Grilled Cheese on Texas Toast</p> <p>Key Largo Vegetables, Nacho Fries<br/>(Baked Fries with Nacho Cheese Dipping Sauce)</p> <p>Tropical Fruit Salad, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p> | <p>Whole Grain Chicken Tenders with Dipping Sauce</p> <p>Baked Fries<br/>Steamed Baby Carrots</p> <p>Mandarin Oranges, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p>            | <p>4 Cheese Baked Ziti with Marinara Sauce</p> <p>Roasted Root Vegetable Blend<br/>Garlic Bread</p> <p>Apple Slices, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p>                            | <p>Cheese Pizza on Whole Grain Crust with Homemade Sauce</p> <p>Tossed Salad with Low Fat Dressing, California Blend Vegetable</p> <p>Diced Pears, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p> |
| Monday 5/23                                                                                                                                                                     | Tuesday 5/24                                                                                                                                                                                                                   | Wednesday 5/25                                                                                                                                                                             | Thursday 5/26                                                                                                                                                                                            | Friday 5/27                                                                                                                                                                                                 |
| <p>General Tso's Chicken</p> <p>Vegetable Egg Roll<br/>White Rice</p> <p>Fresh Cantaloupe, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p>                             | <p>Beef Lasagna with Marinara Sauce and a Whole Grain Roll</p> <p>Steamed Mixed Vegetables,<br/>Garlic Breadsticks</p> <p>Apple Sauce, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p>                                | <p>Oven Fried Chicken and Waffles with Sugar Free Syrup</p> <p>Green Bean Casserole<br/>Cheesy Grits</p> <p>Tropical Fruit Salad, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p> | <p>Scrambled Eggs with Cheese, Sausage Patty, and French Toast</p> <p>Home Fried Potatoes, Mediterranean Grilled Vegetables</p> <p>Fresh Melon, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p> | <p>Cheese Pizza on Whole Grain Crust with Homemade Sauce</p> <p>Tossed Salad with Low Fat Dressing, California Blend Vegetable</p> <p>Diced Pears, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p> |
| Monday 5/30                                                                                                                                                                     | Tuesday 5/31                                                                                                                                                                                                                   |                                                                                                                                                                                            |                                                                                                                                                                                                          |                                                                                                                                                                                                             |
| <p><b>No School<br/>Memorial Day</b></p>                                                                                                                                        | <p>Ground Beef Soft Tacos with Shredded Lettuce, Diced Tomatoes, Cheddar Cheese</p> <p>Seasoned Pinto Beans, Spanish Rice</p> <p>Sliced Apples, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p>                       |                                                                                                                                                                                            |                                                                                                                                                                                                          |                                                                                                                                                                                                             |