LUNCH

MAY 2023 Pennichuck Lunch Menu Assorted Sandwiches Available Daily on W/G Bread (Ham, Turkey, Tuna & Sun Butter & Jelly) W/ Vegetable, Fruit & Milk

	Monday	Tuesday	Wednesday	Thursday	Friday
0	Breaded Mozzarella Cheese Sticks*, Marinara Sauce, Seasoned Corn Applesauce Cup, Milk	2 Hamburger or Cheese- burger on a w/g Bun French Fries, Seasoned Broccoli, Peaches, Milk	Chicken Tenders * Mashed Potatoes w/ Gravy, w/g Dinner Roll Carrots, Orange Smiles Milk	Meatball Subs* Seasoned Green Beans Assorted Fruits, Milk Ice Cream Treat ③	5 W/G Cheese Pizza or Pizza with Toppings* 3-Bean Salad Carrot Sticks W/ Lite Ranch Dip, Kiwi, Milk
•	8 Chicken & Cheese Quesadillas*, Salsa Mexicali Corn, Pears, Milk	Rotini w/ Meat Sauce Melted Mozzarella Cheese Green Beans Apple, Milk	Baked Cheese Sandwich w/ or w/o Ham, Carrots W/ Lite Ranch Dressing Strawberry Cup, Milk	Corn Dogs*, Baked Beans Seasoned Peas & Carrots Assorted Fruits, Fruit Chews, Milk	12 W/G Cheese Pizza or Pizza with Toppings* ** Creamed Spinach Cucumbers W/ Lite Ranch Dip, Peaches, Milk
	15 Pizza Crunchers* Marinara Dipping Sauce Savory Green Beans Apple, Milk	Soft Tortilla Wrap* or Tostitos W/ Seasoned Beef, Cheese, Salsa Refried Beans, Let/Tom Peach Cup, Milk	Shredded Pork Lo Mein Oriental Vegetables Pineapple Chunks, Milk Ice Cream Treat 🕲	Breakfast for Lunch Mini Maple Waffle Bites* Egg Patty, Sausage Patty Tator Tots, Banana, Milk	W/G Cheese Pizza or Pizza with Toppings* Seasoned Diced Carrots Orange Wedges, Milk
	Wild Mikes" Cheese Dipping Bites*, Marinara Dipping Sauce, Marinated Green Bean Salad Pears, Milk	All Beef Hot Dog on a w/g Bun, Baked Lays Potato Chips, Golden Corn, Fruit Cocktail, Milk	24 Crispy Popcorn Chicken* French Fries, Seasoned Broccoli, Tiger Bite Cook- ies Strawberry Cup, Milk	Cooks Choice * Assorted Vegetables Assorted Fruits Assorted Desserts, Milk	W/G Cheese Pizza or Pizza with Toppings* Roasted Garbanzo Beans Baby Carrots W/ Lite Ranch Dip, Fruit Mix, Milk
	29 Memorial Day	30 Star Shaped Chicken Nuggets*, Seasoned Rice & Beans, Golden Corn Applesauce Cup, Milk	31 Fish Sticks*, French Fries Tangy Coleslaw, Peaches, Pudding W/ Whipped Topping, Milk		

w/g = Whole Grain * Indicates May Contain Soy ***Harvest of The Month – Spinach

"5/5/23 National Lunch Hero Day" Thank Your Food Service Personal!

