

Monthly Meal Plan									^ denotes as vegetarian meal and # as gluten friendly meal.								
Date	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Meal 7	Meal 8									
MAY 1 (Wed)	Beef Burger + Hashbrown (ketchup packet)	Mac & Cheese ^	Bacon/Egg/Sausage Wrap + Cheese Perogies (ketchup packet)	Beef Hot Dog + French Fries (ketchup packet)	Soy Sauce Chicken + White Rice + Vegetables	2 Big Chicken Onigiri Rice Balls + Edamame Beans (soya sauce packet) #	Baked Vegetarian Quesadillas + Cheese Perogies ^	Chicken Ceasar Salad (with Cheddar cheese) + Pita Bread									
MAY 2 (Thur)	Chicken Pasta + White Sauce	Meatball Pasta + Tomato Sauce	Egg Fried Rice ^ #	Turkey & Cheese Sandwich	Bacon & Egg English Muffin + Cheese Perogies (ketchup packet) ^	6 Chicken Dumplings + Dry Wheat Noodle + Vegetables (soya sauce packet)	Cheese & Egg English Muffin + Cheese Perogies (ketchup packet)	Baked Chicken Nuggets + Brioche Bun (ketchup packet)									
MAY 3 (Fri)	Mac & Cheese + Bacon Bits	Mac & Cheese ^	Baked Chicken Wrap + Cheese Perogies	Baked Cheesy Chicken Quesadillas + Cheese Perogies	Chicken Hot Dog + French Fries (ketchup packet)	Teriyaki Chicken + White Rice + Vegetables	Veggie Dog + French Fries (ketchup packet) ^	Chicken Burger + Hashbrown (ketchup packet)									
MAY 6 (Mon)	Baked Chicken Strips + French Fries (ketchup packet)	Meatball Pasta + Tomato Sauce	Egg & Ham Fried Rice	Ham & Cheese Sandwich	Turkey & Egg English Muffin + Cheese Perogies (ketchup packet)	Soy Sauce Chicken + Dry Wheat Noodle + Vegetables (soya sauce packet)	Pasta Tomato Sauce ^	5 Big Cucumber Rolls + Edamame Beans (soya sauce packet) ^ #									
MAY 7 (Tue)	Beef Burger + Hashbrown (ketchup packet)	Mac & Cheese ^	Bacon/Egg/Sausage Wrap + Cheese Perogies (ketchup packet)	Beef Hot Dog + French Fries (ketchup packet)	Soy Sauce Chicken + White Rice + Vegetables	2 Big Chicken Onigiri Rice Balls + Edamame Beans (soya sauce packet) #	Veggie Wrap + Cheese Perogies ^	Chicken Ceasar Salad (with Cheddar cheese) + Pita Bread									
MAY 8 (Wed)	Chicken Pasta + White Sauce	Meatball Pasta + Tomato Sauce	Egg Fried Rice ^ #	Turkey & Cheese Sandwich	Bacon & Egg English Muffin + Cheese Perogies (ketchup packet) ^	6 Chicken Dumplings + Dry Wheat Noodle + Vegetables (soya sauce packet)	Egg & Cheese Sandwich ^	Baked Chicken Nuggets + Brioche Bun (ketchup packet)									
MAY 9 (Thur)	Mac & Cheese + Bacon Bits	Mac & Cheese ^	Baked Chicken Wrap + Cheese Perogies	Baked Cheesy Chicken Quesadillas + Cheese Perogies	Chicken Hot Dog + French Fries (ketchup packet)	Teriyaki Chicken + White Rice + Vegetables	Ceasar Salad (with Cheddar cheese) + Pita Bread ^	Chicken Burger + Hashbrown (ketchup packet)									
MAY 10 (Fri)	Baked Chicken Strips + French Fries (ketchup packet)	Meatball Pasta + Tomato Sauce	Egg & Ham Fried Rice	Ham & Cheese Sandwich	Turkey & Egg English Muffin + Cheese Perogies (ketchup packet)	Soy Sauce Chicken + Dry Wheat Noodle + Vegetables (soya sauce packet)	5 Big Tamago Rolls + Edamame Beans (soya sauce packet) ^ #	5 Big Cucumber Rolls + Edamame Beans (soya sauce packet) ^ #									
MAY 13 (Mon)	Beef Burger + Hashbrown (ketchup packet)	Mac & Cheese ^	Bacon/Egg/Sausage Wrap + Cheese Perogies (ketchup packet)	Beef Hot Dog + French Fries (ketchup packet)	Soy Sauce Chicken + White Rice + Vegetables	2 Big Chicken Onigiri Rice Balls + Edamame Beans (soya sauce packet) #	Baked Vegetarian Quesadillas + Cheese Perogies ^	Chicken Ceasar Salad (with Cheddar cheese) + Pita Bread									
MAY 14 (Tue)	Chicken Pasta + White Sauce	Meatball Pasta + Tomato Sauce	Egg Fried Rice ^ #	Turkey & Cheese Sandwich	Bacon & Egg English Muffin + Cheese Perogies (ketchup packet) ^	6 Chicken Dumplings + Dry Wheat Noodle + Vegetables (soya sauce packet)	Cheese & Egg English Muffin + Cheese Perogies (ketchup packet)	Baked Chicken Nuggets + Brioche Bun (ketchup packet)									
MAY 15 (Wed)	Mac & Cheese + Bacon Bits	Mac & Cheese ^	Baked Chicken Wrap + Cheese Perogies	Baked Cheesy Chicken Quesadillas + Cheese Perogies	Chicken Hot Dog + French Fries (ketchup packet)	Teriyaki Chicken + White Rice + Vegetables	Veggie Dog + French Fries (ketchup packet) ^	Chicken Burger + Hashbrown (ketchup packet)									
MAY 16 (Thur)	Baked Chicken Strips + French Fries (ketchup packet)	Meatball Pasta + Tomato Sauce	Egg & Ham Fried Rice	Ham & Cheese Sandwich	Turkey & Egg English Muffin + Cheese Perogies (ketchup packet)	Soy Sauce Chicken + Dry Wheat Noodle + Vegetables (soya sauce packet)	Pasta Tomato Sauce ^	5 Big Cucumber Rolls + Edamame Beans (soya sauce packet) ^ #									
MAY 17 (Fri)	Beef Burger + Hashbrown (ketchup packet)	Mac & Cheese ^	Bacon/Egg/Sausage Wrap + Cheese Perogies (ketchup packet)	Beef Hot Dog + French Fries (ketchup packet)	Soy Sauce Chicken + White Rice + Vegetables	2 Big Chicken Onigiri Rice Balls + Edamame Beans (soya sauce packet) #	Veggie Wrap + Cheese Perogies ^	Chicken Ceasar Salad (with Cheddar cheese) + Pita Bread									
MAY 20 (Mon)	No School Day	No School Day	No School Day	No School Day	No School Day	No School Day	No School Day	No School Day									
MAY 21 (Tue)	Mac & Cheese + Bacon Bits	Mac & Cheese ^	Baked Chicken Wrap + Cheese Perogies	Baked Cheesy Chicken Quesadillas + Cheese Perogies	Chicken Hot Dog + French Fries (ketchup packet)	Teriyaki Chicken + White Rice + Vegetables	Ceasar Salad (with Cheddar cheese) + Pita Bread ^	Chicken Burger + Hashbrown (ketchup packet)									
MAY 22 (Wed)	Baked Chicken Strips + French Fries (ketchup packet)	Meatball Pasta + Tomato Sauce	Egg & Ham Fried Rice	Ham & Cheese Sandwich	Turkey & Egg English Muffin + Cheese Perogies (ketchup packet)	Soy Sauce Chicken + Dry Wheat Noodle + Vegetables (soya sauce packet)	5 Big Tamago Rolls + Edamame Beans (soya sauce packet) ^ #	5 Big Cucumber Rolls + Edamame Beans (soya sauce packet) ^ #									
MAY 23 (Thur)	Beef Burger + Hashbrown (ketchup packet)	Mac & Cheese ^	Bacon/Egg/Sausage Wrap + Cheese Perogies (ketchup packet)	Beef Hot Dog + French Fries (ketchup packet)	Soy Sauce Chicken + White Rice + Vegetables	2 Big Chicken Onigiri Rice Balls + Edamame Beans (soya sauce packet) #	Baked Vegetarian Quesadillas + Cheese Perogies ^	Chicken Ceasar Salad (with Cheddar cheese) + Pita Bread									
MAY 24 (Fri)	Chicken Pasta + White Sauce	Meatball Pasta + Tomato Sauce	Egg Fried Rice ^ #	Turkey & Cheese Sandwich	Bacon & Egg English Muffin + Cheese Perogies (ketchup packet) ^	6 Chicken Dumplings + Dry Wheat Noodle + Vegetables (soya sauce packet)	Cheese & Egg English Muffin + Cheese Perogies (ketchup packet)	Baked Chicken Nuggets + Brioche Bun (ketchup packet)									
MAY 27 (Mon)	Mac & Cheese + Bacon Bits	Mac & Cheese ^	Baked Chicken Wrap + Cheese Perogies	Baked Cheesy Chicken Quesadillas + Cheese Perogies	Chicken Hot Dog + French Fries (ketchup packet)	Teriyaki Chicken + White Rice + Vegetables	Veggie Dog + French Fries (ketchup packet) ^	Chicken Burger + Hashbrown (ketchup packet)									
MAY 28 (Tue)	Baked Chicken Strips + French Fries (ketchup packet)	Meatball Pasta + Tomato Sauce	Egg & Ham Fried Rice	Ham & Cheese Sandwich	Turkey & Egg English Muffin + Cheese Perogies (ketchup packet)	Soy Sauce Chicken + Dry Wheat Noodle + Vegetables (soya sauce packet)	Pasta Tomato Sauce ^	5 Big Cucumber Rolls + Edamame Beans (soya sauce packet) ^ #									
MAY 29 (Wed)	Beef Burger + Hashbrown (ketchup packet)	Mac & Cheese ^	Bacon/Egg/Sausage Wrap + Cheese Perogies (ketchup packet)	Beef Hot Dog + French Fries (ketchup packet)	Soy Sauce Chicken + White Rice + Vegetables	2 Big Chicken Onigiri Rice Balls + Edamame Beans (soya sauce packet) #	Veggie Wrap + Cheese Perogies ^	Chicken Ceasar Salad (with Cheddar cheese) + Pita Bread									
MAY 30 (Thur)	Chicken Pasta + White Sauce	Meatball Pasta + Tomato Sauce	Egg Fried Rice ^ #	Turkey & Cheese Sandwich	Bacon & Egg English Muffin + Cheese Perogies (ketchup packet) ^	6 Chicken Dumplings + Dry Wheat Noodle + Vegetables (soya sauce packet)	Egg & Cheese Sandwich ^	Baked Chicken Nuggets + Brioche Bun (ketchup packet)									
MAY 31 (Fri)	Mac & Cheese + Bacon Bits	Mac & Cheese ^	Baked Chicken Wrap + Cheese Perogies	Baked Cheesy Chicken Quesadillas + Cheese Perogies	Chicken Hot Dog + French Fries (ketchup packet)	Teriyaki Chicken + White Rice + Vegetables	Ceasar Salad (with Cheddar cheese) + Pita Bread ^	Chicken Burger + Hashbrown (ketchup packet)									