



MATER DOLOROSA LUNCH MENU MAY 2023



Monday 05/01	Tuesday 05/02	Wednesday 05/03	Thursday 05/04	Friday 05/05
1. Chicken Taco on WG Tortilla served with Brown Rice, Mexican Black Beans, Fresh Fruit 2. Chef Salad with WG Flatbread Celery Sticks, Chilled Fruit 3. Buffalo Chicken Caesar Salad with WG Flatbread, Celery Sticks Chilled Fruit	1. Cheese or Pepperoni Pizza, Steamed Broccoli, Chilled Fruit 2. Turkey and Cheese Wrap, Baby Carrots, Chilled Fruit 3. BBQ Chicken Wrap, Baby Carrots, Chilled Fruit	1. Chicken Nuggets Served with Dinner Roll and Baked French Fries, Fresh Fruit 2. Chef Salad with WG Flatbread Broccoli Florets, Chilled Fruit 3. Buffalo Chicken Caesar Salad with WG Flatbread, Broccoli Florets, Chilled Fruit	1. Cheddar Macaroni and Cheese with Dinner Roll, Steamed Carrot Coins, Chilled Fruit 2. Turkey and Cheese Wrap, Garbanzo Beans, Chilled Fruit 3. BBQ Chicken Wrap, Garbanzo Beans, Chilled Fruit	1. Three Cheese Flatbread, Steamed Corn, Fresh Fruit 2. Chef Salad with WG Flatbread Chilled Corn, Chilled Fruit 3. Buffalo Chicken Caesar Salad with WG Flatbread, Chilled Corn, Chilled Fruit
05/08 1. Cheese or Sausage Pizza, Parmesan Green Beans, Fresh Fruit 2. Garden Salad with WG Flatbread, Broccoli Florets, Fresh Fruit 3. Chicken Caesar Salad with WG Flatbread, Broccoli Florets, Fresh Fruit	05/09 1. Fajita Chicken Nachos, Steamed Carrots, Chilled Fruit 2. Turkey Cheddar Ranch with WG Flatbread, Cucumber Coins, Chilled Fruit 3. Spicy Buffalo Chicken Wrap, Cucumber Coins, Chilled Fruit	05/10 1. Chicken Nugget Basket with Dinner Roll and Tater Tots, Fresh Fruit 2. Garden Salad with WG Flatbread Chilled Corn, Fresh Fruit 3. Chicken Caesar Salad with WG Flatbread, Chilled Corn Fresh Fruit	05/11 1. Cheeseburger, Baked French Fries, Chilled Fruit 2. Turkey Cheddar Ranch with WG Flatbread, Roasted Summer Squash, Chilled Fruit 3. Spicy Buffalo Chicken Wrap, Roasted Summer Squash, Chilled Fruit	05/12 1. Pollo Saltado with arroz con Habichuelas on WG tortilla, Baked Plantains, Fresh Fruit 2. Garden Salad with WG Flatbread, Celery Sticks, Fresh Fruit 3. Chicken Caesar Salad with WG Flatbread, Celery Sticks, Fresh Fruit
05/15 1. Cheeseburger, Baked French Fries, Fresh Fruit 2. Very Berry Smoothie Bowl, Baby Carrots, Fresh Fruit 3. Banana Berry Smoothie Bowl, Baby Carrots, Fresh Fruit	05/16 1. Cheese or Pepperoni Pizza, Black Beans, Chilled Fruit 2. Chef Salad with WG Flatbread Cucumber Coins, Chilled Fruit 3. Buffalo Chicken Caesar Salad with WG Flatbread, Cucumber Coins, Chilled Fruit	05/17 1. Popcorn Chicken Bowl with Dinner Roll, Steamed Broccoli, Fresh Fruit 2. Very Berry Smoothie Bowl, Chilled Corn, Fresh Fruit 3. Banana Berry Smoothie Bowl, Chilled Corn, Fresh Fruit	05/18 1. Meatball Marinara Bowl with Dinner Roll, Parmesan Green Beans, Chilled Fruit 2. Chef Salad with WG Flatbread, Parmesan Green Beans, Chilled Fruit 3. Buffalo Chicken Caesar Salad with WG Flatbread, Parmesan Green Beans, Chilled Fruit	05/19 1. Sazon Pork Bowl with Brown Rice, Steamed Carrots, Fresh Fruit 2. Very Berry Smoothie Bowl, Celery Sticks, Fresh Fruit 3. Banana Berry Smoothie Bowl, Celery Sticks, Fresh Fruit
05/22 1. Cheese or BBQ Chicken Pizza, Roasted Chickpeas, Fresh Fruit 2. Garden Salad with WG Flatbread, Broccoli Florets, Fresh Fruit 3. Chef Salad with WG Flatbread, Broccoli Florets, Fresh Fruit	05/23 1. BBQ Chicken Sandwich, Baked Beans, Chilled Fruit 2. Turkey Cheddar Ranch with WG Flatbread, Baby Carrots, Chilled Fruit 3. Ham and Cheese Wrap, Baby Carrots, Chilled Fruit	05/24 1. Soft Beef Tacos, Steamed Corn, Fresh Fruit 2. Garden Salad with WG Flatbread, Chilled Corn, Fresh Fruit 3. Chef Salad with WG Flatbread, Chilled Corn, Fresh Fruit	05/25 1. Crispy Chicken Sandwich with Baked French Fries, Steamed Carrots, Chilled Fruit 2. Turkey Cheddar Ranch with WG Flatbread, Garbanzo Beans, Chilled Fruit 3. Ham and Cheese Wrap, Garbanzo Beans, Chilled Fruit	05/26 1. Mojo Turkey Sandwich, Steamed Broccoli, Fresh Fruit 2. Garden Salad with WG Flatbread, Celery Stick, Fresh Fruit 3. Chef Salad with WG Flatbread, Celery Stick, Fresh Fruit
05/29 NO SCHOOL	05/30 1. Teriyaki Chicken Burrito, Black Beans, Chilled Fruit 2. Chef Salad with WG Flatbread, Cucumber Coins, Chilled Fruit 3. Chicken Caesar Salad with WG Flatbread, Cucumber Coins, Chilled Fruit	05/31 1. Cheeseburger with Baked French Fries, Roasted Butternut Squash, Fresh Fruit 2. Very Berry Smoothie Bowl, Chilled Corn, Fresh Fruit 3. Sunshine Smoothie Bowl, Chilled Corn, Fresh Fruit	06/01 1. Cheese or Pepperoni Pizza, Steamed Carrots, Chilled Fruit 2. Chef Salad with WG Flatbread, Baby Carrots, Chilled Fruit 3. Chicken Caesar Salad with WG Flatbread, Baby Carrots, Chilled Fruit	06/02 1. Pavo al Horno with Dinner Roll, Roasted Broccoli, Fresh Fruit 2. Very Berry Smoothie Bowl, Broccoli Florets, Fresh Fruit 3. Sunshine Smoothie Bowl, Broccoli Florets Fresh Fruit

1% AND FAT FREE MILK OFFERED DAILY

PLEASE INFORM YOUR SERVER OF ANY FOOD ALLERGIES

Menu items are subject to change