

A selection of fruit & milk available with meals. Check school website [uplifteducation.org](http://uplifteducation.org) for additional information and updates.

# MAY 2022

## Child Nutrition Program

Breakfast: FREE

Lunch: FREE

Menu Subject To Change

### Monday

**Breakfast:** 2  
Cereal

**Lunch:**  
Veggie Egg Roll,  
Garlic Bread Stick  
Steamed Broccoli

**Breakfast:** 9  
Cereal

**Lunch:**  
Mac & Cheese,  
Garlic Bread Stick  
Steamed Carrots

**Breakfast:** 16  
Blueberry Muffin

**Lunch:**  
Fiesta Bowl w/Pinto Beans,  
Corn, Salsa,  
& Tortilla Chips

**Breakfast:** 23  
Cereal

**Lunch:**  
Veggie Egg Roll,  
Garlic Bread Stick  
Steamed Broccoli



### Tuesday

**Breakfast:** 3  
Honey Bun

**Lunch:**  
Rotini W/Marinara Sauce  
Garlic Stick,  
Corn

**Breakfast:** 10  
Cinnamon Roll

**Lunch:**  
Cheese Quesadilla  
Salsa  
Pinto Beans

**Breakfast:** 17  
Pancakes

**Lunch:**  
Mac & Cheese,  
Breadstick,  
Green Beans

**Breakfast:** 24  
Honey Bun

**Lunch:**  
Rotini W/Marinara Sauce  
Garlic Stick,  
Corn



### Wednesday

**Breakfast:** 4  
Pancakes

**Lunch:**  
Bean & Cheese Burrito,  
Green Beans

**Breakfast:** 11  
Oatmeal Bar

**Lunch:**  
Black Bean Burger,  
Burger Cups  
Sweet Potato Fries

**Breakfast:** 18  
Cereal

**Lunch:**  
Bean & Cheese Tamales,  
Broccoli

**Breakfast:** 25  
Pancakes

**Lunch:**  
Bean & Cheese Burrito,  
Green Beans

### Thursday

**Breakfast:** 5  
Blueberry Muffin

**Lunch:**  
Veggie Nuggets w/Corn,  
Texas Toast, Gravy  
Mashed Potatoes

**Breakfast:** 12  
Banana Loaf

**Lunch:**  
Cheese Panini,  
Lettuce Cup, Chips

**Breakfast:** 19  
Oatmeal Bar

**Lunch:**  
Buffalo Veggie Nugget,  
Carrots & Celery W/ Ranch,  
Roll

**Breakfast:** 26  
Blueberry Muffin

**Lunch:**  
Veggie Nuggets w/Corn,  
Texas Toast, Gravy  
Mashed Potatoes

### Friday

**Breakfast:** 6  
Manager's Choice

**Lunch:**  
Cheese Pizza,  
Corn

**Breakfast:** 13  
Cheese Kolache

**Lunch:**  
Veggie Lover's Pizza,  
Green Beans

**Breakfast:** 20  
Manager's Choice

**Lunch:**  
Cheese Pizza,  
Corn

**Breakfast:** 27  
Cheese Kolache

**Lunch:**  
Veggie Lover's Pizza,  
Green Beans

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