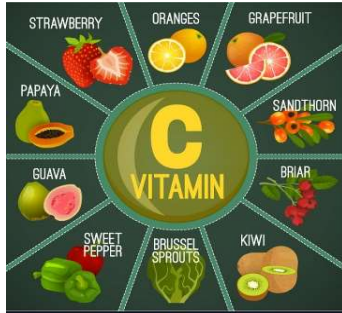


Excelsior Phelan

MAY Student Meals

DID YOU KNOW?



How do you fix a broken tomato?
Tomato paste!



Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

Chef reserves the right to change menu for seasonality and new menu innovation.

revolution foods.

TUESDAY

3
Breakfast
Cinnamon Crumble
Lunch
Ham & Cheese Sandwich, celery, peas

10
Breakfast
Berry Apple Crisp Bar
Lunch
Tamale, rice, corn, carrots

17
Breakfast
Cinnamon Chex
Lunch
Pretzel Nacho Calzoni, broccoli, sweet potatoes

24
Breakfast
Blueberry Bagel, cream cheese
Lunch
Chinese Chicken Noodles

31
Breakfast
Cinnamon Crisp Bar
Lunch
Pretzel Nacho Calzoni, broccoli, celery

WEDNESDAY

4
Breakfast
Cinnamon Chex
Lunch
Sunbutter/Jelly Sandwich, string cheese

11
Breakfast
Strawberry Granola Bowl
Lunch
Beef/Cheese Nacho dip, chips, carrots, green beans

18
Breakfast
Autumn Spice Muffin
Lunch
Bean & Cheese Burrito, corn

25
Breakfast
Berry Apple Crisp Bar
Lunch
Cheeseburger, falafel tots,

THURSDAY

5
Breakfast
Lemon Muffin
Lunch
Bean & Cheese Burrito, falafel tots, beans

12
Breakfast
Banana Muffin
Lunch
Pizza, salad, broccoli

19
Breakfast
Cinnamon Crisp Bar
Lunch
Sunbutter/Jelly Sandwich, garbanzo salad, string cheese

26
Breakfast
Waffle
Lunch
Turkey Pesto Wrap, carrots,

FRIDAY

6
Breakfast
Sausage & Cheddar Brekwich
Lunch
Chili, rice, combread, carrots

13
Breakfast
Corn Chex, string cheese
Lunch
Sunbutter/Jelly Sandwich, garbanzo salad, string cheese

20
Breakfast
Cinnamon Crumble
Lunch
Pesto Pasta w/Chicken, cucumbers, green beans

27
Breakfast
Vanilla Concha Roll
Lunch
3-Layer-Dip, chips, carrots

2022