All Meals include a choice of 1% milk or fat free chocolate milk

MAY 2023

Cashmere Middle School

Daily choices of fruits and Vegetables **All grains are at least 51% whole grain**

Monday

Choice of Cereal & Muffin

**Bean & Cheese Burrito **Corn Dog Baked Beans

Choice of Cereal & Muffin

**Chicken Burger
**BBQ Beef Sandwich

Choice of Cereal & Muffin

**Homemade Chicken Alfredo W/G Roll **Chicken Nuggets W/G Roll

Choice of Cereal & Muffin 22

**Breaded Pizza Sticks

**Chicken Nuggets

WG Roll



Tuesday

Pancake Wrap

**Chicken Nuggets WG Roll **Turkey & Cheese Sub

WG Bagel & Yogurt

**Hamburger French Fries **Pulled Pork Sandwich

WG Bagel & Yogurt

**Teriyaki Beef Dippers
with Rice

**Egg Roll with Rice
Fortune Cookie

Egg & Sausage Muffin 23

Ham & Cheese Melt Turkey & Cheese Sub WG Chips

Choice of Cereal & Muffin 30

**Hamburger **Pulled Pork Sandwich French Fries

Wednesday

Choice of Cereal & Muffin

**Ravioli Cheesy Garlic Bread **Meatball Sub

Choice of Cereal & Muffin 10

**Breaded Pizza Sticks

**Cheese Quesadilla

Marinara Sauce

Late Start

Choice of Cereal & Muffin

**Burrito with Chips & Cheese
**Corn Dog with Chips & Cheese

Choice of Cereal & Muffin 24

**Hamburger with French Fries
**Fish Sticks with French Fries

Egg & Sausage Muffin 31

**Homemade Spaghetti with Cheesy garlic bread **Meatball Sub

Thursday

WG Bagel & Yogurt

**Chicken Burger
**Ham & Cheese Melt

Pancake Wrap

**Chicken Nuggets

**Teriyaki Beef Dippers

WG Roll

Pancake Wrap

18

**Homemade Pepperoni Pizza **Chicken Burger Corn

WG Bagel & Yogurt

**Homemade Chicken Teriyaki **Egg Roll Rice

Friday

Breakfast Pizza

**Brunch For Lunch
(Pancakes, Sausages, Omelet)

**Pepperoni Pizza
Strawberry Cups

Breakfast Pizza

Ham & Cheese Melt Turkey & Cheese Sub WG Chips Ice Cream

Breakfast Pizza

19

**Brunch For Lunch (Pancakes, Sausages & Omelet) **Cheese Quesadilla

Breakfast Pizza

**Brunch For Lunch (Pancakes, Sausages & Omelet) **Pepperoni Pizza

