



Ames Christian Lunch Menu: May 2023

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Chicken Parmesan with Garlic Breadstick Seasoned Corn Fresh Broccoli and Carrots Mandarin Oranges Fresh Apple Milk	Tater Tot Casserole with WG Biscuit Seasoned Peas Cauliflower Florets Craisins Fresh Banana Milk	Turkey Ham Breakfast Bowl with Scrambled Eggs, Waffle, and Tater Tots Roasted Bell Peppers Celery Sticks Chilled Pears Clementine Oranges Milk	Beef Teriyaki Nuggets with Brown Rice Cinnamon Glazed Carrots Sugar Snap Peas Pineapple Tidbits Fresh Pear Milk	Mozzarella Pizza Crunchers with Marinara Sauce Roasted Broccoli Florets Grape Tomatoes Chilled Peaches Fresh Orange Wedges Milk
8	9	10	11	12
Chicken Nuggets with Garlic Flatbread Roasted Green Beans Fresh Baby Carrots Tropical Fruit Blend Fresh Apple Milk	Chicken and Cheese Quesadilla Mexican Style Black Beans Sugar Snap Peas Chilled Pears Fresh Banana Milk	Chorizo Macaroni and Cheese Roasted Broccoli Florets Celery Sticks Raisins Clementine Oranges Milk	Korean BBQ Chicken Lo Mein Cinnamon Glazed Carrots Fresh Broccoli Florets Chilled Peaches Fresh Pear Milk	Crispy Fish Sticks with Tartar Sauce Buttermilk Coleslaw Fresh Cauliflower Florets Mandarin Oranges Fresh Orange Wedges Milk
15	16	17	18	19
Popcorn Chicken with a WG Dinner Roll Garlic Mashed Potatoes Fresh Broccoli Florets Sliced Peaches Fresh Apple Milk	Pizza Pasta Casserole with Toasted Flat Bread Roasted Green Beans Fresh Baby Carrots Chilled Pears Fresh Banana Milk	Scrambled Egg Patties with Cheese and a Fresh Baked Biscuit Tater Tots Sugar Snap Peas Fresh Apples Clementine Oranges Milk	Thai Chili Popcorn Chicken with Brown Rice Cinnamon Glazed Baby Red and Green Bell Peppers Fruit Cocktail Fresh Pear Milk	BBQ Chicken Drumstick with Cornbread BBQ Baked Beans Fresh Broccoli Florets Craisins Fresh Orange Wedges Milk
22	23	24	25	26
Mini Turkey Corn Dogs Roasted Green Beans Fresh Grape Tomatoes Chilled Pears Fresh Apple Milk	The Perfect Sloppy Joe on WG Bun Steamed Peas Fresh Celery Sticks Cinnamon Applesauce Fresh Banana Milk	Spaghetti and Meatballs in Marinara Sauce Steamed Corn Fresh Cauliflower Florets Tropical Fruit Cocktail Clementine Oranges Milk	Beacon Street Mozzarella Stuffed Breadsticks with Marinara Sauce Cheese Cauliflower Fresh Broccoli Florets Pineapple Chunks Fresh Pear Milk	
29	30	31	1	2

Summer Break!

Menu Subject to Change.

Milk Choices Daily: 1% and Skim White, and Skim Chocolate

This institution is an equal opportunity provider.

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