



May 2023 Rockstar Catering	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST (Week 4)	1 8 oz. 1% Milk ½ cup Mixed Fruit ¾ cup WG Oats Cereal 1.25 oz. WG Bread	2 8 oz. 1% Milk ½ cup Mixed Fruit 2.2 oz. WG Toaster Waffle 1 tsp SF Syrup	3 8 oz. 1% Milk ½ cup Mixed Fruit 2.2 oz. English Muffin 1 tsp SF Jelly	4 8 oz. 1% Milk 4 oz. 100% Orange Juice ¾ cup WG Corn Flakes 1.25 oz. WG Bread	5 8 oz. 1% Milk ½ cup Mixed Fruit 2.2 oz. Corn Muffin
LUNCH	8 oz. 1% Milk Sweet & Sour Meatballs 2 oz. Ground Chicken ½ cup Mixed Vegetables ½ cup Pears ½ cup Pasta 1.5 oz. Roll	8 oz. 1% Milk Grilled Chicken Sandwich 2 oz. Chicken Breast 2.2 oz. Tomato + Lettuce ½ cup Apples ½ cup Brown Rice 1.5 oz. WG Roll	8 oz. 1% Milk Chili W/Franks N Beans 2 oz. All Beef Hot Dog ½ cup Beans ¼ cup Tomato Marinara ¼ cup Mixed Fruit ½ cup Southwestern Rice 1.5 oz. WG Roll	8 oz. 1% Milk Baked Chicken 2 oz. Chicken Breast ½ cup Mixed Vegetables ½ cup Pears ¾ cup Rice + Beans 1.5 oz. Roll	8 oz. 1% Milk Beef and Macaroni 2 oz. Ground Beef ¼ cup Tomato Marinara ¼ cup Mixed Fruit ½ cup Carrots ½ cup Pasta 1.5 oz. WG Roll
BREAKFAST (Week 1)	8 8 oz. 1% Milk ½ cup Mixed Fruit ¾ cup WG Oats Cereal 1.25 oz. WG Bread	9 8 oz. 1% Milk 4 oz. 100% Apple Juice ½ cup WG Oatmeal 1025 oz. WG Bread 1 tsp Margarine	10 8 oz 1% Milk ½ cup Mixed Fruit 2.2 oz. English Muffin 1 tsp SF Jelly	11 8 oz. 1% Milk 4 oz. 100% Orange Juice ¾ cup WG Corn Flakes 1.25 oz. WG Bread	12 8 oz. 1% Milk ½ cup Mixed Fruit 2.2 oz. Corn Muffin
LUNCH	8 oz. 1% Milk Salesbury Steak 3 oz. Ground Beef ½ cup of Mushrooms + Onions 1/s cup Fruit Juice ½ cup Brown Rice 1.5 oz. WG Roll	8 oz. 1% Milk BBQ Grilled Chicken 2 oz. Boneless Chicken ½ cup Carrots ½ cup Mixed Fruit ¼ cup Brown Rice & Beans 1.5 oz. WG Roll	8 oz. 1% Milk German Knockwurst 3 oz. All Beef Knockwurst ¼ cup Sauerkraut ¼ cup Cinnamon Apples 2 oz. Enriched Roll 1 oz. Mustard + Ketchup	8 oz. 1% Milk Turkey Sandwich 2 oz. Sliced Fresh Turkey 1 cup Salad Greens ½ cup Tomato/Cucumbers 2.5 oz. WG Bread 1 TB Balsamic Dressing	8 oz. 1% Milk Polynesian Chicken 2 oz. Boneless Chicken ½ cup Grilled Pineapple ½ cup Stir Fry Veggies 1.5 oz. WG Sweet Hawaiian Roll
BREAKFAST (Week 2)	15 8 oz 1% Milk ½ cup Mixed Fruit ¾ cup WG Oats Cereal 1.25 oz WG Bread	16 8 oz. 1% Milk ½ cup Mixed Fruit 2.2 Toaster Waffle 1 tsp SF Syrup	17 8 oz 1% Milk ½ cup Mixed Fruit 2.2 oz Corn Muffin	18 8 oz. 1% Milk 4 oz. 100% Orange Juice ¾ cup WG Corn Flakes 1.25 oz. WG Bread	19 8 oz. 1% Milk ½ cup Mixed Fruit 2.2 oz. Corn Muffin
LUNCH	8 oz 1% Milk Homestyle Meatloaf 3 oz Ground Beef ½ cup Stewed Tomato ¼ cup Carrots 1 oz Enriched WW Bread 1.5 oz WR Roll	8 Oz. 1% Milk Caribbean Pulled Chicken 2 oz. Boneless Chicken ½ cup Beans, Olives, Vegetables ¼ cup Tomato ¼ cup of Mixed Fruit ½ cup Yellow Rice 1.5 oz. WG Roll	8 oz. 1% Milk Pasta Bolognese 2 oz. Ground Beef ½ cup Garlicly Broccoli ½ cup Tomato Marinara ½ Shell Pasta 1.5 oz. WG Roll	8 oz. 1% Milk Tuna Salad Sandwich 2 oz. Tuna ½ cup Celery + Carrots 1 cup Salad Greens ½ cup Tomato + Cucumber 2 oz. WG Bread 1 TB Balsamic Dressing	8 oz. 1% Milk Swedish Meatballs 2 oz. Ground Beef ½ cup Onion, Peppers and Mushrooms ½ cup Apples ½ cup Spatzele Pasta 1.5 oz. WG Roll
BREAKFAST (Week 3)	22 8 oz 1% Milk ½ cup Mixed Fruit ¾ cup WG Oats Cereal 1.25 oz WG Bread	23 8 oz 1% Milk 4 oz 100% Orange Juice ½ cup Oatmeal 1.25 oz WG Bread 1 tsp Margarine	24 8 oz. 1% Milk ½ cup Mixed Fruit 2.2 oz. English Muffin 1 tsp SF Jelly	25 8 oz. 1% Milk 4 oz. 100% Orange Juice ¾ cup WG Corn Flakes 1.25 oz. WG Bread	26 8 oz. Milk ½ cup Mixed Fruit 2.2 oz. Corn Muffin
LUNCH	8 oz 1% Milk Mac N Cheese W/Franks 2 oz All Beef Hot Dog ½ cup Carrots ½ cup Peas ½ cup Pasta 1.5 oz Cheese Sauce	8 oz 1% Milk Asian Turkey Stir-fry 2 oz Ground Turkey ½ cup Asian Vegetables ½ cup Black Bean Sauce ½ cup Brown Rice 1.5 oz WG Roll	8 oz. 1% Milk Stuffed Peppers 2 oz. Ground Beef ½ cup Pepper, Onions, and Corn ½ cup Stewed Tomato ½ cup Brown Rice 1.5 oz. Biscuit	8 oz. 1% Milk Chicken Salad Sandwich 2 oz. Chicken Breast ½ cup Tr Bean Salad ¼ cup Celery + Carrot ¼ cup Apple Sauce 2 oz. Enriched Roll	8 oz. 1% Milk Penne + Meatballs 2 oz. Ground Beef ¼ cup Marinara ½ cup Broccoli ¼ cup Oranges ½ cup Penne Pasta 1.5 oz. WG Roll
BREAKFAST (Week 4)	29 Closed on Memorial Day!		30 8 oz. 1% Milk ½ cup Mixed Fruit 2.2 oz. WG Toaster Waffle 1 tsp SF Syrup	31 8 oz. 1% Milk ½ cup Mixed Fruit 2.2 oz. English Muffin 1 tsp SF Jelly	
LUNCH			8 oz. 1% Milk Grilled Chicken Sandwich 2 oz. Chicken Breast 2.2 oz. Tomato + Lettuce ½ cup Apples ½ cup Brown Rice 1.5 oz. WG Roll	8 oz. 1% Milk Chili W/Franks N Beans 2 oz. All Beef Hot Dog ½ cup Beans ¼ cup Tomato Marinara ¼ cup Mixed Fruit ½ cup Southwestern Rice 1.5 oz. WG Roll	 This menu is subject to change!

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