

Roast Carrots*
Grapes*
Veggie "Beef" Au Jus Sandwich*

Offered Daily

Full Salad and Deli Station with:
Turkey, Ham, Sunbutter & Jelly
Fresh Salads, Fresh Cut Vegetables,
Fresh Fruit and More.

1% Milk
Fruit Infused Water

*Indicates Vegetarian Option



St. Richard's
Episcopal School



Lunch Menu • May 2023

MONDAY

May 1

Beef Texas Straw Hats
Black Bean & Corn Salsa*
Zucchini & Squash*
Grapes*
Veggie Straw Hats*

TUESDAY

May 2

Hamburgers
French Fries*
Green Beans*
Watermelon*
Veggie Burgers*

WEDNESDAY

May 3

Beef Chili
Corn Bread*
Roast Carrots*
Orange Wedges*
Veggie Chili*

THURSDAY

May 4

Pork Pot Stickers
Vegetable Fried Rice*
Broccoli*
Pineapple*
Roast Tofu*

FRIDAY

May 5

Bacon & Cheddar Frittata
Roast Potatoes*
Strawberries*
Spinach & Roast Red
Pepper Frittata*
Veggie Sausage*

May 8

Corn Dogs
Tater Tots*
Peas & Carrots*
Applesauce*
Veggie Corn Dogs*

May 9

Baked Breaded Ravioli*
Kale Salad*
Corn*
Grapes*

May 10

Grilled Cheese*
Tomato Soup*
Cauliflower*
Pears*

May 11

Chicken Patty Sandwich
Waffle Fries*
Tomato & Cucumber
Salad*
Watermelon*
Portabella Mushroom*

May 12

French Toast*
Roast Potatoes*
Turkey Sausage
Scrambled Eggs*
Orange Wedges*
Veggie Sausage*

May 15

Pulled Pork
Mac & Cheese*
Peas & Carrots*
Tropical Fruit*
Veggie Beef Crumbles*

May 16

Spaghetti & Meat Sauce
Garlic Bread*
Asparagus*
Grapes*
Spaghetti Marinara*

May 17

Broccoli & Cheddar Soup*
Pretzel Roll*
Roast Carrots*
Peaches*

May 18

Chicken Tenders
French Fries*
Kale Salad*
Strawberries*
Tofu Tenders*

May 19

Meatloaf
Mashed Potatoes*
Green Beans*
Applesauce*
Veggie Meatloaf*

May 22

BBQ Meatballs
Garlic Toast*
Cauliflower*
Pears*
Veggie BBQ Meatballs*

May 23

Baked Ziti*
Breadsticks*
Broccoli*
Grapes*

May 24

Beef Tacos
Mexican Rice*
Black Bean & Corn Salsa*
Pineapple*
Veggie Tacos*

May 25

Field Day
Hamburgers*
Potato Chips*
Carrots*
Watermelon*
Veggie Burgers*

May 26

**Graduation
Day**

May 29

May 30

May 31

Summer Break