

MAY

May 5th - May 23rd
 Week #1: 5th - 9th
 Week #2: 12th - 16th
 Week #3: 19th - 23rd

Autism Center Food Court Menu

HAVE A GREAT SUMMER !!!

Choose **THREE OR MORE COLORS** for a complete meal. One must be **RED** or **GREEN**.

				
meal/meat alternative	grain	vegetable	fruit*	milk

Hot Entrees

Choose from several fruit and veggie choices daily



Cheesy Stuffed Breadsticks !!
 Comes with a marinara cup, perfect for dipping!



CHICKEN & WAFFLES

OVEN BAKED CHICKEN TENDERS WITH WAFFLES, SERVED WITH SYRUP !!



Cold Entrees

Choose from several fruit and veggie choices daily



includes gluten free cereal box, fruit cup, carrots, yogurt & string cheese *gluten free

				Grab a milk for all 5 food groups!



PEANUT BUTTER & JELLY



				
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Vegetables

Monday Tuesday Wednesday Thursday Friday

A Different Vegetables Each Day

Green Beans Carrots Mashed Potatoes Broccoli Baked Beans

Students can choose 1% white **milk** -or- non-fat chocolate milk (1 cup eq)

*All fruits are served as 1/2 cup servings. At least half of the fruits consumed per day should come from whole fruits (fresh, canned, frozen or dried). Students can choose up to TWO 1/2 cup servings of FRESH or cupped fruit and/or hot or cold vegetables every day

A **food component** is one of five food groups, in which a minimum of three needs to be selected to make a reimbursable meal. These are protein, grains, vegetables, fruit and fluid milk*

A **food item** is a specific food offered within the food components, for example, 2 slices of whole grain-rich bread, 1 cup of grapes, and 1 cup of milk. This meal meets OVS lunch requirements because three food components are selected out of the five food items offered.

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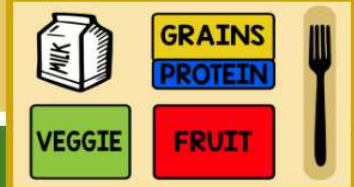
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This institution is an equal opportunity provider.



What Makes A LUNCH

SELECT 3-5 ITEMS:



one must be a

FRUIT or VEGGIE