

## Kestrel Heights Menu- May 2025

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			Thursday (05/01)	Friday (05/02)
			<b>Pancakes</b> Fruit Choice 100% Fruit Juice Milk	<b>Blueberry Muffin</b> Fresh Fruit 100% Fruit Juice Milk
			<b>Beef Chili w/Beans or Vegetarian Chili with Beans</b> Mixed Vegetables Fruit Choice Roll Milk	<b>Cheese Pizza</b> Corn Tossed Salad w/ ranch dressing Diced Peaches Milk
Monday (05/05)	Tuesday (05/06)	Wednesday (05/07)	Thursday (05/08)	Friday (05/09)
Breakfast				
<b>WG Cereal</b> Fruit Choice 100% Fruit Juice Milk l	<b>Pop Tarts</b> Fresh Fruit 100% Fruit Juice Milk	<b>WG Breakfast Burrito</b> Banana 100% Fruit Juice Milk	<b>French Toast Sticks</b> Spiced Apples 100% Fruit Juice Milk	<b>Banana Muffin</b> Fresh Fruit 100% Fruit Juice Milk
Lunch				
<b>Herb Roasted Chicken</b> Black Beans Aromatic Brown Rice California Blend Vegetables Mixed Fruit Cup Milk	<b>Chicken Filet on Bun or Chickpea Salad on Bun</b> Hashbrown Potatoes Baked Beans Fruit Choice Milk	<b>Super Beefy Spaghetti or Cheesy Spaghetti w/ Cheese Stick</b> Zany Zucchini & Tomatoes Fresh Green Beans Fresh Fruit Roll Milk	<b>Mongolian Beef Meatballs or Hunan-Style Spicy Tofu</b> Fried Rice Fresh Stir-Fry Vegetables Applesauce Cup Milk	<b>Cheese Pizza</b> Corn Tossed Salad w/ ranch dressing Diced Peaches Milk
Monday (05/12)	Tuesday (05/13)	Wednesday (05/14)	Thursday (05/15)	Friday (05/16)
Breakfast				
<b>NO SCHOOL – Teacher Workday</b>	<b>Strawberry Pop Tarts</b> Fruit Choice 100% Fruit Juice Milk	<b>Blueberry Muffin</b> Fresh Fruit 100% Fruit Juice Milk	<b>WG Granola and Yogurt</b> Mixed Fruit Cup 100% Fruit Juice Milk	<b>WG Bagel w/ Cream Cheese</b> Fruit Choice 100% Fruit Juice Milk
Lunch				
<b>NO SCHOOL – Teacher Workday</b>	<b>Crispy Chicken Strips or Crispy Tofu</b> Baked Beans Potato Wedges Fresh Fruit Roll Milk	<b>Cheese Ravioli w/ Meat Sauce or Cheese Ravioli w/ Marinara</b> Sauteed Bell Peppers (Orange, Red, Green) Glazed Carrots Applesauce Cup Milk	<b>BBQ Chicken or BBQ Tofu</b> Mashed Potatoes Cool NC Collards Fresh Fruit Golden Cornbread Milk	<b>Cheese Pizza</b> Corn Tossed Salad w/ ranch dressing Diced Peaches Milk

Monday (05/19)	Tuesday (05/20)	Wednesday (05/21)	Thursday (05/22)	Friday (05/23)
<b>Breakfast</b>				
<b>Cinnamon Roll</b> Fruit Choice 100% Fruit Juice Milk	<b>Banana Muffin</b> Fresh Fruit 100% Fruit Juice Milk	<b>Oatmeal</b> Banana 100% Fruit Juice Milk	<b>French Toast Sticks</b> Spiced Apples 100% Fruit Juice Milk	<b>WG Nutri Grain Bar</b> <b>Cheese Stick</b> Fruit Choice 100% Fruit Juice Milk
<b>Lunch</b>				
<b>Chicken &amp; Waffles or Crispy Tofu &amp; Waffles</b> Super Sauteed Spinach Hashbrown Potatoes Applesauce Cup Milk	<b>Super Beef Spaghetti or Cheesy Spaghetti w/ Cheese Stick</b> Sauteed Squash Fresh Green Beans Fresh Fruit Roll Milk	<b>Goopy Cheese Quesadilla</b> Spicy Black Beans Baby Carrots w/ ranch dressing Salsa Fruit Choice Milk	<b>Pulled Chicken w/BBQ Sauce on Bun or Chickpea Salad on Bun</b> Super Sauteed Spinach Hash Brown Potatoes Mixed Fruit Cup Milk	<b>Cheese Pizza</b> Corn Tossed Salad w/ ranch dressing Diced Peaches Milk
Monday (05/26)	Tuesday (05/27)	Wednesday (05/28)	Thursday (05/29)	Friday (05/30)
<b>Breakfast</b>				
<b>NO SCHOOL - Memorial Day</b>	<b>Strawberry Pop Tarts</b> Fresh Fruit 100% Fruit Juice Milk	<b>Cinnamon Roll</b> Fruit Choice 100% Fruit Juice Milk	<b>Blueberry Muffin</b> Fresh Fruit 100% Fruit Juice Milk	<b>WG Granola and Yogurt</b> Mixed Fruit Cup 100% Fruit Juice Milk
<b>Lunch</b>				
<b>NO SCHOOL - Memorial Day</b>	<b>Crispy Chicken Strips or Crispy Tofu</b> Baked Beans Potato Wedges Fruit Choice Roll Milk	<b>Turkey Sub or Mozzarella, Spinach &amp; Tomato Sub</b> Sun Chips Baby Carrots w/ Dressing Applesauce Cup Milk	<b>Super Beef Spaghetti or Cheesy Spaghetti w/ Cheese Stick</b> Roasted Carrots Fresh Green Beans Fresh Fruit Roll Milk	<b>Cheese Pizza</b> Corn Tossed Salad w/ ranch dressing Diced Peaches Milk