

Heights Charter School May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			Picadillo w/Brown Rice Carrots & Cauliflower Fruit	Breaded Fish Ketchup Mixed Vegetables	Arroz Con Pollo Green beans Sweet Potatoes	
5	6	7	8	9	10	11
	Roast Turkey Slices Peas and Carrots Brown Rice & Beans Pears	Chicken Nuggets w/ketchup Broccoli Applesauce WGR Roll	Salisbury Steak w/gravy Green Beans Sweet Potatoes WGR Roll Fresh Fruit	Chicken Stew Mashed Plantains Brown Rice & Beans	Cuban Sandwich Brown Rice w/black beans Romaine Salad w/tomatoes	
12	13	14	15	16	17	18
	Ropa Vieja Brown Rice Black Beans Pineapple	Peanut Butter & Jelly on WGR Bread Sun Chips Baby Carrots & Celery Fresh Apple Slices	Turkey Meatloaf Mashed Potatoes Green Beans Fruit Cocktail WGR Roll	Turkey & Cheese on WGR Hoagie Roll Sun Chips Baby Carrots & Celery Fresh Apple Slices	WGR Pizza Mixed Vegetables Pears	
19	20	21	22	23	24	25
	Mojo Pulled Pork Green Peas Brown Rice Pineapple	Italian Sausage & Peppers Carrots Romaine Salad WGR Roll Fresh Fruit	Baked WGR Ziti Green Beans Dinner Roll Fresh Fruit	Baked Chicken Butternut Squash Broccoli WGR Roll Fresh Fruit	Ham & Cheese Sandwich on a WGR Roll Oven Potatoes Pears	
26	27	28	29	30	31	
	Memorial Day Holiday No School	Hamburgers & Hot Dogs Sun Chips Coleslaw Peaches	Pulled BBQ Chicken Green Beans Potato Salad WGR Roll Fresh Fruit	Corn Flake Crusted Chicken tenders WGR Macaroni & Cheese Peas & Carrots Fresh Fruit	No Classes	