



May 7<sup>th</sup> - June 1<sup>st</sup> 2012

## Del Mar Union School District

### Menu

Each entrée features milk, compostable packaging & utensils!

	Monday <u>May 7<sup>th</sup></u>	Tuesday <u>May 8<sup>th</sup></u>	Wednesday <u>May 9<sup>th</sup></u>	Thursday <u>May 10<sup>th</sup></u>	Friday <u>May 11<sup>th</sup></u>
Option 1	Quinoa Pasta with Hearty Meat Sauce (GF) Fresh Fruit of the Day	Ground Beef Soft Tacos with Salsa (GF) Fresh Fruit of the Day	Teriyaki Chicken Bowl with Jasmine Rice Fresh Fruit of the Day	Coleman Naturals Hamburger on a Whole Grain Bun Fresh Fruit of the Day	Hand Rolled Chicken Enchiladas with Spanish Rice (GF) Fresh Fruit of the Day
Option 2	Painted Hills Beef and Bean Burrito with Spanish Rice Fresh Fruit of the Day	Cheese Ravioli with Marinara Sauce (V) Fresh Fruit of the Day	Cheese Pizza (V) Fresh Fruit of the Day	Pan-Seared Chicken Potstickers with Baby Carrots and Jasmine Rice Fresh Fruit of the Day	Chicken "Fried" Rice with Veggies Fresh Fruit of the Day
	<u>May 14<sup>th</sup></u>	<u>May 15<sup>th</sup></u>	<u>May 16<sup>th</sup></u>	<u>May 17<sup>th</sup></u>	<u>May 18<sup>th</sup></u>
Option 1	Genuine Annie's Mac and Cheese (V) Fresh Vegetable of the Day Fresh Fruit of the Day Honey Roasted Soy Nutz	Baked Chicken Tenders with Rice and Corn Fresh Fruit of the Day	Cheese Pizza (V) Fresh Fruit of the Day	Shredded Chicken "Taqitos" with Mexican Rice Fresh Fruit of the Day Fresh Veggie of the Day	Herb Roasted Chicken with Roasted Potatoes Fresh Fruit of the Day
Option 2	ABF Chicken Fajita Platter with Rice and Beans (GF) Fresh Fruit of the Day	Barilla Whole Grain Pasta in Marinara Sauce (V) Fresh Fruit of the Day String Cheese	Handmade Bean and Cheese Burrito with Spanish Rice (V) Fresh Fruit of the Day	Barilla Whole Grain Penne Pasta with Hearty Meat Sauce Fresh Fruit of the Day	Double Decker Hearty Meat Lasagna Fresh Fruit of the Day

Notes: Each day's menu is based on Enhanced Food-Based Menu Planning as determined by the USDA. Menu subject to change.

USDA and DMUSD are Equal Opportunity Providers and Employers

V= Vegetarian

GF= Gluten Free

	Monday <b>May 21<sup>st</sup></b>	Tuesday <b>May 22<sup>nd</sup></b>	Wednesday <b>May 23<sup>rd</sup></b>	Thursday <b>May 24<sup>th</sup></b>	Friday <b>May 25<sup>th</sup></b>
Option 1	Chinese Chicken Chow Mein with Veggies Fresh Fruit of the Day	Pan-Seared Chicken Potstickers with Baby Carrots and Jasmine Rice Fresh Fruit of the Day	Ground Beef Soft Tacos with Salsa (GF) Fresh Fruit of the Day	BBQ ABF Chicken with Corn and Smashed Red Potatoes (GF) Fresh Fruit of the Day	Barilla Whole Grain Spaghetti with ABF Chicken Meatballs in Marinara Sauce Fresh Fruit of the Day
Option 2	Coleman Naturals Hamburger on a Whole Grain Bun Fresh Fruit of the Day	Fluffy Egg and Cheese Breakfast Burrito with Diced Potatoes (V) Fresh Fruit of the Day	Cheese Pizza (V) Fresh Fruit of the Day	ABF Coleman Naturals Homemade Bagel Dog Crisp Coleslaw Fresh Fruit of the Day	Shepherd's Pie with Beef and Mashed Potatoes (GF) Parker's Crazy Crackers Fresh Fruit of the Day
	<b>May 28<sup>th</sup></b>	<b>May 29<sup>th</sup></b>	<b>May 30<sup>th</sup></b>	<b>May 31<sup>st</sup></b>	<b>June 1<sup>st</sup></b>
Option 1	NO SCHOOL	Barilla Whole Grain Pasta with Marinara Sauce (V) Fresh Fruit of the Day String Cheese	Shredded Chicken "Taqitos" with Mexican Rice Fresh Fruit of the Day Fresh Veggie of the Day	Chicken Tenders with Rice and Corn Fresh Fruit of the Day	Pan-Seared Chicken Potstickers with Baby Carrots and Jasmine Rice Fresh Fruit of the Day
Option 2	NO SCHOOL	BBQ Chicken Sandwich with Potatoes Fresh Fruit of the Day	Cheese Pizza (V) Fresh Fruit of the Day	Chinese "Fried" Rice with Veggies Fresh Fruit of the Day Honey Roasted Soy Nutz	Coleman Naturals Gluten Free Chicken Strips with Potatoes (GF) Fresh Fruit of the Day Parker's Crazy Crackers

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