

# May 2024



**Lutheran  
Social Service  
of Minnesota**

## LSS Meals | K-12 | Lunch Menu

		Wednesday, May 1	Thursday, May 2	Friday, May 3	
		1% Milk or Skim Milk	1% Milk or Skim Milk	1% Milk or Skim Milk	
		Sweet and Sour Chicken	Diced Turkey and Gravy	WG Pasta and Meat Sauce	
		WG Rice	Mashed Potatoes	Romaine Salad	
		Fresh Broccoli	WG Bread Slice	Ranch Dressing	
		Ranch Dressing	Butter	Diced Peaches	
		Pineapple Tidbits	Fresh Banana	WG Garlic Breadstick	
Monday, May 6	Tuesday, May 7	Wednesday, May 8	Thursday, May 9	Friday, May 10	
1% Milk or Skim Milk	1% Milk or Skim Milk	1% Milk or Skim Milk	1% Milk or Skim Milk	1% Milk or Skim Milk	
WG Bosco Sticks	Chicken Ala King	Beef Taco on WG Tortilla	Ranch Diced Turkey	Sweet and Sour Meatballs	
Marinara Sauce	WG Biscuit	Shredded Cheese/Taco Sauce	Mashed Potatoes	WG Rice	
Steamed Green Beans	Fresh Baby Carrots	Romaine Salad/Ranch	Diced Peaches	Fresh Broccoli	
Applesauce	Mixed Fruit	Refried Beans	WG Bread Slice	Ranch Dressing	
		Mandarin Oranges	Butter	Pineapple Tidbits	
Monday, May 13	Tuesday, May 14	Wednesday, May 15	Thursday, May 16	Friday, May 17	
1% Milk or Skim Milk	1% Milk or Skim Milk	1% Milk or Skim Milk	1% Milk or Skim Milk	1% Milk or Skim Milk	
WG Cheese Calzone	BBQ Diced Chicken	Creamy Diced Turkey	WG Beef Mac and Cheese	Cheddar Cheese Omelet	
Marinara Sauce	WG Bun	Mashed Potatoes	Romaine Salad	Seasoned Diced Potatoes	
Steamed Peas and Carrots	Fresh Baby Carrots	WG Biscuit	Ranch Dressing	Ketchup	
Applesauce	Pineapple Tidbits	Diced Pears	Fresh Banana	WG Bread Slice	
Vegetarian Baked Beans				Mandarin Oranges	
Monday, May 20	Tuesday, May 21	Wednesday, May 22	Thursday, May 23	Friday, May 24	
1% Milk or Skim Milk	1% Milk or Skim Milk	1% Milk or Skim Milk	1% Milk or Skim Milk	1% Milk or Skim Milk	
Meatballs in Marinara Sauce	Chicken & Bean Burrito Bowl	Meatloaf in Gravy	Sloppy Joe	Turkey and WG Noodles	
Shredded Mozzarella Cheese	WG Brown Rice	Mashed Potatoes	on WG Bun	Fresh Broccoli	
WG Garlic Breadstick	Shredded Cheese/Taco Sauce	WG Bread Slice	Steamed Peas and Carrots	Ranch Dressing	
Steamed Diced Carrots	Romaine Salad/Ranch	Vegetarian Baked Beans	Fresh Banana	Diced Peaches	
Applesauce	Diced Pears	Mandarin Oranges			
Monday, May 27	Tuesday, May 28	Wednesday, May 29	Thursday, May 30	Friday, May 31	
1% Milk or Skim Milk	1% Milk or Skim Milk	1% Milk or Skim Milk	1% Milk or Skim Milk	1% Milk or Skim Milk	
Sliced Turkey and Cheese	Diced Teriyaki Chicken	Cheesy Italian Beef and Rice	Chicken Taco on WG Tortilla	Creamy Swedish Meatballs	
WG Bun	WG Brown Rice	Fresh Broccoli	Shredded Cheese/Taco Sauce	Mashed Potatoes	
Fresh Vegetable	Fresh Baby Carrots	Ranch Dressing	Romaine Salad/Ranch	WG Biscuit	
Applesauce	Pineapple Tidbits	WG Garlic Breadstick	Refried Beans	Mixed Fruit	
		Canned Apple Slices	Fresh Banana		

This menu meets CACFP and NSLP guidelines for nutrition and meal pattern. All grains are at least 51% whole grain, milk is provided with breakfast meals. Unflavored whole milk is provided for children age 12 months to 2 years of age and low-fat or fat-free milk is provided for children above 2 years of age. This institution is an equal opportunity provider.

Menu is subject to change.

Approved by: Taylor Galbrecht, RD