



Holy Spirit

May
2023

Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Crispy Chicken Tenders Dinner Roll Chicken Caesar Wrap Red/Orange Bell Pepper Fresh Orange Milk Choice	2 BBQ Pulled Pork Sandwich Taco Salad Roasted Broccoli Fresh Mixed Fruit Milk Choice	3 Pasta with Meatballs & Sauce Garlic Breadstick Corn Dog Roasted Corn Pineapple Tidbits Milk Choice	4 Crispy Chicken Sandwich Turkey & Cheese Flatbread Munchable Coleslaw Applesauce Milk Choice	5 Cheese Pizza French Toast Sticks Sausage Patty Steamed Carrots Diced Pears Milk Choice
8 Chicken Alfredo w/Pasta Garlic Toast Turkey Wrap Green Beans Fresh Grapes Milk Choice	9 BBQ Rib Sandwich Crispy Chicken Salad Steamed Corn Fresh Mixed Fruit Milk Choice	10 Soft Shell Taco Crispy Chicken Tenders Refried Beans Pineapple Tidbits Milk Choice	11 Italian Meatball Sub Crispy Chicken Sandwich Roasted Broccoli Applesauce Milk Choice	12 Cheese Pizza Sausage Breakfast Biscuit Cherry Tomato Diced Pears Milk Choice
15 BBQ Pulled Pork Sandwich Taco Salad Coleslaw Banana Milk Choice	16 Chicken & Gravy Deli Sandwich Mashed Potatoes Mixed Canned Fruit Milk Choice	17 Carnita Nachos Cheese Quesadilla Brown Rice Baked Beans Pineapple Tidbits Milk Choice	18 Grilled Cheese Sandwich Crispy Chicken Sandwich Tater Tots Applesauce Milk Choice	19 Cheese Pizza Turkey BLT Wrap California Blend Vegetable Diced Pears Milk Choice
22 Cheeseburger on a Bun Crispy Chicken Tenders Dinner Roll Baked Beans Fresh Pear Milk Choice	23 Pasta with Meatballs & Sauce Cheesy Italian Flatbread Marinara Sauce Steamed Green Beans Mixed Canned Fruit Milk Choice	24 Soft Shell Taco Salsa Crispy Chicken Wrap Roasted Peppers Pineapple Tidbits Milk Choice	25 Popcorn Chicken Bowl Corn Dog Cucumber Slices Applesauce Milk Choice	26 Cheese Pizza Crispy Chicken Sandwich Steamed Carrots Fresh Pear Milk Choice
29 No School	30 Beef Hot Dog on a Bun Calico Bean Bake Canned Fruit Bar Milk Choice	31 Hamburger on a Bun Mixed Vegetables Canned Fruit Milk Choice	All Grains Served are Whole Grain	

PRICES

Student Lunch	\$3.30
Extra Entree	\$1.50
Staff Lunch	\$4.95
Extra Milk	\$.50

EXTRA INFO

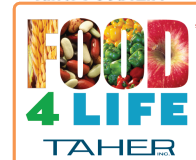
Milk Choice of 1% White or Skim Chocolate is Included with Lunch, For Questions or Concerns Contact Michelle.
michelle.nelson@rcsmn.org

HARVEST OF



THE MONTH

Your MENUS plus more information on our app
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