

BREAKFAST

All breakfasts include the following components: 2 Oz. Grains, 1 Cup Fruit & 1 Cup Milk. *Optional breakfast is cereal, crackers, fruit & milk.

MAY 2024

Cascade Union Elementary School District
Tree of Life Charter

LUNCH

All lunches include the following components: 1 Cup Milk, 1-2 Oz. Meat/Meat Alt., 1-2 Oz Grains, Fruit & vegetables

Monday

Tuesday

Wednesday

Thursday

Friday

BREAKFAST: SAUSAGE, EGG & CHEESE BISCUIT
FRUIT
LUNCH: NACHOS
REFRIED BEANS
FRUIT

BREAKFAST: BISCUIT & GRAVY
FRUIT
LUNCH: TURKEY, RICE & BLACK BEAN BURRITO
CARROTS
FRUIT

BREAKFAST: HOMEMADE MUFFIN
STRING CHEESE & FRUIT
LUNCH: SPAGHETTI & ROLL
SALAD
FRUIT

REAKFAST: EGGS & TOAST
FRUIT
LUNCH: 5 LAYER BEAN DIP & CHIPS
CARROTS
FRUIT

BREAKFAST: EGG & CHEESE CROISSANT
FRUIT
LUNCH: CHICKEN PARMESAN SANDWICH
SALAD, FRUIT

BREAKFAST: SAUSAGE, EGG & CHEESE BISCUIT
FRUIT
LUNCH: CHICKEN & WAFFLE SANDWICH
Choice of Gravy or Syrup
HASHBROWN & FRUIT

BREAKFAST: BISCUIT & GRAVY
FRUIT
LUNCH: EGG MCMUFFIN
HASHBROWNS
FRUIT

BREAKFAST: HOMEMADE MUFFIN
STRING CHEESE & FRUIT
LUNCH: MAC & CHEESE
GREEN BEANS
FRUIT

REAKFAST: FRUIT & YOGURT PARFAIT
LUNCH: DELI CROISSANT SANDWICH
CARROTS
FRESH FRUIT

BREAKFAST: EGG & PANCAKE SANDWICH
FRUIT
LUNCH: PIZZA
SALAD & FRUIT

BREAKFAST: SAUSAGE, EGG & CHEESE BISCUIT
FRUIT
LUNCH: BBQ CHICKEN FLAT BREAD PIZZA
CHIPS
CARROTS & FRUIT

BREAKFAST: BISCUIT & GRAVY
FRUIT
LUNCH: CHEESEBURGER
FRENCH FRIES
FRUIT

BREAKFAST: HOMEMADE MUFFIN
STRING CHEESE & FRUIT
LUNCH: SLOPPY JOES
VEGGIES
FRUIT

REAKFAST: EGGS & TOAST
FRUIT
LUNCH: JOY'S HAM & BROCCOLI QUICHE
SALAD
FRUIT

BREAKFAST: EGG & CHEESE CROISSANT
FRUIT
LUNCH: RIB-A-QUE SANDWICH
VEGGIES & RANCH
FRUIT

**MEMORIAL DAY
NO SCHOOL**

BREAKFAST: BISCUIT & GRAVY
FRUIT
LUNCH: TURKEY, RICE & BLACK BEAN BURRITO
CARROTS
FRUIT

BREAKFAST: HOMEMADE MUFFIN
STRING CHEESE & FRUIT
LUNCH: SPAGHETTI & ROLL
SALAD
FRUIT

REAKFAST: EGGS & TOAST
FRUIT
LUNCH: 5 LAYER BEAN DIP & CHIPS
CARROTS
FRUIT

BREAKFAST: EGG & PANCAKE SANDWICH
FRUIT
LUNCH: CHICKEN PARMESAN SANDWICH
SALAD, FRUIT
BIRTHDAY TREAT

May's Spotlight Recipe is Joy's Ham & Broccoli Quiche.

Menus are subject to change
This institution is an equal opportunity provider

Happy Birthday to everyone with a birthday in May!
Birthday treat comes with hot lunch only.