

May 2025

Guidepost Montessori

LUNCH MENU

GF – Gluten Free		DF – Dairy Free	V – Vegetarian	EF– Egg free
			1 Veggie Stir Fry DF GF V EF Rice DF GF V EF Pork Egg rolls DF Fruit	2 Cheese Pizza Day!!! Fresh Veggie Salad GF DF V EF Fruit
5 Beef Stroganoff Buttered Noodles V Peas GF DF V EF Fruit *Tofu	6 Bean & Cheese Taco V EF Rice GF DF EF V Corn Salad GF DF V EF Fruit	7 Pancakes V DF Bacon GF DF EF Hashbrowns Veggies GF DF V EF Fruit	8 Green Pork Chili Stew GF DF EF Rice GF DF V EF Fruit *Veggie	9 Chicken Tenders Mac N cheese V EF Green Beans GF DF V EF Fruit *Chickn'
12 Fish Sticks DF Peas & Carrots GF DF V EF Mashed Potatoes GF DF V EF Fruit *Veggie Sticks	13 Soft Chicken Tacos EF Rice & Beans GF DF V EF Fruit *Tofu	14 Meatball Sub DF Potato Salad GF DF V EF Fruit *Veggie	15 Pasta Alfredo V Broccoli GF DF V EF Breadstick V Fruit	16 Cheese Pizza Day!!! Fresh Veggie Salad GF DF V EF Fruit
19 Chicken Pot Pie Fruit *Veggie Pot Pie	20 Beef Burrito DF EF Rice GF DF V EF Beans GF DF V EF Fruit *Bean	21 Cheese Lasagna V Roasted Zucchini GF DF V EF Fruit	22 Turkey Meatloaf Scalloped Potatoes GF V EF Green Beans GF DF V EF Fruit *Tofurkey Loaf	23 Pulled Pork DF Tater Tots GF DF V EF Fruit *Jack Fruit
26 Happy Memorial Day!!!	27 Cheese Enchiladas V EF Rice & Beans GF DF V EF Fruit	28 Orange Chicken DF Mixed Veggies GF DF V EF Rice GF DF V EF Fruit *Chickn'	29 Italian Beef Hot subs Tater Tots GF DF V EF Veggie Sticks GF DF V EF Fruit Italian Veggie Sub	30 Cheese Pizza Day!!! Fresh Veggie Salad GF DF V EF Fruit