

May

2023

Congregation Beth Israel

	Monday	Tuesday	Wednesday	Thursday	Friday	
	1 BBQ Chicken GF DF Corn Mashed Potatoes Fruit *BBQ Tofu	2 Cheese Enchiladas V Corn Salad GF DF V Black Beans GF DF V Fruit	3 Sunbutter Sandwich DF V Veggie straws GF DF V Fruit	4 Swedish Meatballs Buttered Noodles Peas & carrots Fruit *Veggie Meatballs	5 No Haute Lunch	
	8 Roasted Turkey GF DF Mashed Sweet Potatoes GF DF V Broccoli GF DF V Fruit *Field Roast GF DF V	9 Quesadillas V Cilantro Rice GF DF V Refried Beans GF DF V Fruit	10 Meatball Sub Potato salad GF DF V Green beans GF DF V Fruit *Veggie Ball	11 Chicken Pesto Pasta Cucumber salad GF DF V Breadstick Fruit *Veggie Pesto Pasta	12 No Haute Lunch	
	15 Turkey & Rice GF Green Beans GF DF V Ww roll. Fruit *Tofu & Rice	16 Beef empanadas Spanish Rice GF DF V Black Beans GF DF V Fruit *Veggie empanadas	17 Grilled Cheese V Tomato Soup GF DF V Cucumbers GF DF V Fruit	18 Chicken & Waffles DF Zucchini & Squash GF DF V Fruit *Chickn' & waffles	19 No Haute Lunch	
	22 Turkey Chili DF GF Cornbread DF V Broccoli GF DF V Fruit *Veggie Chili	23 Chicken Soft Tacos Rice GF DF V Refried Beans GF DF V Fruit *Bean & Cheese Taco	24 Chicago Beef sandwiches Carrots GF DF V Tater tots GF DF V Fruit *Veggie Sandwich	25 Pasta with Basil, Mozzarella, & tomatoes V Green Beans GF DF V Garlic Breadstick Fruit	26 No Haute Lunch	
	29 Memorial Day No School	30 Beef soft Tacos DF Guacamole salad GF DF V Black beans GF DF V Fruit *Bean & Cheese Taco V	31 Chicken Tenderloins DF Mac N Cheese V Broccoli GF DF V Fruit *Chickn' Tenders			