

- 2024 -
MAY

Kitchen Supervisor- Mitzy Foy

Flynn Elementary School



This month, we feature a special recipe developed by **5th grade students**. Their recipe draws inspiration from **both Indian and Thai-style curries**, is packed with fresh veggies and herbs, and is full of flavor.

DAILY VEGETARIAN OFFERINGS:

MONDAYS- Meatless Nuggets

TUESDAYS- Black Bean Burger

WEDNESDAYS- Meatless Chicken Patty

THURSDAYS- Veggie Grillers

FRIDAYS- Black Bean Burger

MONDAY

6 5th Grade Vegetable Curry
Chicken or Tofu
Toasted Flatbread
Mango

Fruit & Vegetable Bar
Milk

13 Crispy Chicken Sandwich
Roasted Broccoli
Sweet Potato Waffle
Fries

Fruit & Vegetable Bar
Milk

20 Cheesy Bread Sticks
Marinara
Herb Seasoned
Vegetables

Fruit & Vegetable Bar
Milk

27

No School

TUESDAY

7 Cheesy Bread Sticks
Marinara
Herb Seasoned
Vegetables
Caesar Salad

Fruit & Vegetable Bar
Milk

14 Breakfast for Lunch
Chicken Sausage, Egg
& Cheese Sandwich
Hashbrown Patty
Sliced Oranges

Fruit & Vegetable Bar
Milk

21 Chicken Corn Dog
Vegetarian Chili
Roasted Butternut
Squash

Fruit & Vegetable Bar
Milk

28 Orange Chicken
Vegetable Rice
Garlic Broccoli

Fruit & Vegetable Bar
Milk

WEDNESDAY

1 VT Beef Nachos
Black Beans
Cheese Sauce
Roasted Corn
Salsa

Fruit & Vegetable Bar
Milk

8 Fish Sandwich
Tartar Sauce
Curried Cauliflower
Sunshine Salad

Fruit & Vegetable Bar
Milk

15 -Early Release-

Deli Sandwiches
Chips
Fruit

22 VT Turkey Tacos
Black Beans
Lettuce & Tomatoes
Roasted Corn
Guacamole

Fruit & Vegetable Bar
Milk

29 Turkey Meatball Sub
Sweet Potato Waffle
Fries
Roasted Zucchini

Fruit & Vegetable Bar
Milk

THURSDAY

2 General Tso's Chicken
Rice
Roasted Garlic
Broccoli

Fruit & Vegetable Bar
Milk

9 VT Beef Burgers
w/ cheese
Maple Baked Beans
Roasted Potatoes

Fruit & Vegetable Bar
Milk

16 **Pizza Day**
Turkey Bacon or
Cheese
Caesar Salad
Cottage Cheese & Pears

Fruit & Vegetable Bar
Milk

23 Crispy Chicken
Waffles
VT Maple Syrup
Baked Beans
Frozen Strawberries

Fruit & Vegetable Bar
Milk

30 Cabot Grilled Cheese
Tomato Soup
Roasted Curry
Cauliflower

Fruit & Vegetable Bar
Milk

FRIDAY

3 Chicken or Cheese
Quesadillas
Black Beans & Rice
Roasted Corn &
Peppers

Fruit & Vegetable Bar
Milk

10 Penne Alfredo
w/Chicken
Roasted Broccoli
Garlic Bread

Fruit & Vegetable Bar
Milk

17 Cabot Mac & Cheese
Roasted Cauliflower
Cinnamon Apple
Sauce

Fruit & Vegetable Bar
Milk

24 BBQ Chicken
Sandwich
Baked Cinnamon
Sweet Potato
Creamy Slaw

Fruit & Vegetable Bar
Milk

31 **Pizza Day!**
Buffalo Chicken or
Cheese
Caesar Salad
Roasted Chickpeas

Fruit & Vegetable Bar
Milk