

MAY

Lunch



THE INTERGENERATIONAL SCHOOL

Monday	Tuesday	Wednesday	Thursday	Friday
April 30, 2018	May 1, 2018	May 2, 2018	May 3, 2018	May 4, 2018
	PIZZA DIPPERS ^ Marinara Dipping Sauce Whole Kernel Corn Orange Juice Choice of Milk	CHICKEN TACO Tortilla Chips ^ Refried Beans Diced Peaches Choice of Milk	MINI CORN DOGS POTATO ROUNDS Romaine Lettuce Light Ranch Dressing Fresh Fruit Mustard Ketchup (2) Choice of Milk	CHARBROILED CHEESEBURGER Hamburger Bun ^ Tropical Veggie Juice Mixed Fruit Cup Mustard Ketchup Choice of Milk
May 7, 2018	May 8, 2018	May 9, 2018	May 10, 2018	May 11, 2018
CHICKEN TENDERS WITH POTATO WEDGES ^ Maple Baked Beans Orange Juice BBQ Sauce Ketchup Choice of Milk	HOMESTYLE SALISBURY STEAK W/GRAVY Sliced Bread ^ Mashed Potatoes Baby Carrots Light Ranch Dressing Mixed Fruit Cup Choice of Milk	CRISPY CHICKEN FILLET ^ Hamburger Bun ^ Mixed Vegetables Grape Juice BBQ Sauce Choice of Milk	DELI SUB SANDWICH ^ Tropical Veggie Juice Applesauce Cup Mustard Choice of Milk	CHICKEN DIPPERS ^ W/TOMATO PARMESAN SAUCE Broccoli Fresh Fruit Choice of Milk
May 14, 2018	May 15, 2018	May 16, 2018	May 17, 2018	May 18, 2018
PIZZA DIPPERS ^ Marinara Dipping Sauce Green Beans Mixed Fruit Cup Choice of Milk	HOT DOG W/ POTATO ROUNDS Hot Dog Bun ^ Maple Baked Beans Diced Peaches Mustard Ketchup Choice of Milk	*BUILD YOUR OWN WRAP* CRISPY CHICKEN TENDERS ^ BBQ Sauce Soft Tortilla ^ Romaine Lettuce Baby Carrots Light Ranch Dressing Fresh Fruit Choice of Milk	RANCH TURKEY BURGER Hamburger Bun ^ French Fries Fresh Fruit Mustard Ketchup Choice of Milk	CHEESY CHICKEN VEG BOOYAH (STEW) Breadstick ^ Diced Pears Choice of Milk
May 21, 2018	May 22, 2018	May 23, 2018	May 24, 2018	May 25, 2018
CHICKEN NUGGETS WITH POTATO ROUNDS ^ Maple Baked Beans Orange Juice BBQ Sauce Ketchup Choice of Milk	VEGETARIAN CHILI WITH BEANS French Fries Diced Peaches Corn Muffin ^ Ketchup Choice of Milk	MINI CORN DOGS ^ Whole Kernel Corn Fresh Fruit Mustard Ketchup Choice of Milk	BBQ CHICKEN Hamburger Bun ^ Broccoli Fresh Fruit Choice of Milk	TACO SCOOPS Salsa Cup Tortilla Chips ^ Pineapple Tidbits Choice of Milk
May 28, 2018	May 29, 2018	May 30, 2018	May 31, 2018	June 1, 2018
MEMORIAL DAY				

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. ** MENU SUBJECT TO CHANGE **

^ Denotes item is whole-grain/whole wheat

*** This institution is an equal opportunity provider.



www.preferredmealsmenu.com

Nutritional Information: THE INTERGENERATIONAL SCHOOL

Nutrition Information and menus are planned using a blended estimate of milk choices served in schools. For individual milk nutrients consult actual labels on cartons served at the school.

	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
05-01-2018	PIZZA DIPPERS ^	290	11	5	0	20	530	30	3	6	19	80	0	350	2	MMA:2oz G/B:2sv WG
	Marinara Dipping Sauce	76	4	0	0	0	305	9	0	0	2	16	0	5	0	V:1/2c RO
	Whole Kernel Corn	73	1	0	0	0	3	17	2	2	2	8	5	3	0	V:1/2c S
	Orange Juice	56	0	0	0	0	1	13	0	10	1	27	48	11	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
05-02-2018	CHICKEN TACO	121	5	2	0	45	375	6	0	1	14	130	2	69	1	MMA:2oz V:1/4c RO
	Tortilla Chips ^	120	4	0	0	0	105	18	2	0	2	0	0	20	0	G/B:1.25sv WG
	Refried Beans	122	0	0	0	0	76	22	7	0	7	0	2	20	2	V:1/2c L
	Diced Peaches	62	0	0	0	0	6	15	1	13	2	18	2	4	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
05-03-2018	MINI CORN DOGS POTATO ROUNDS	314	15	3	0	40	378	40	3	11	13	0	69	100	2	MMA:2oz G/B:2sv WG V:1/4c S
	Romaine Lettuce	5	0	0	0	0	2	1	1	0	0	124	1	9	0	V:1/2c DG
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1c
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup (2)	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
05-04-2018	CHARBROILED CHEESEBURGER	142	8	3	0	37	306	2	0	1	14	32	0	92	1	MMA:2oz
	Hamburger Bun ^	142	2	0	0	0	156	14	1	2	6	0	0	29	1	G/B:2sv WG
	Tropical Veggie Juice	90	0	0	0	0	45	23	0	22	0	150	60	0	0	V:3/4c O
	Mixed Fruit Cup	64	0	0	0	0	4	16	1	13	2	8	4	8	0	F:1/2c
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
05-07-2018	CHICKEN TENDERS WITH POTATO WEDGES ^	313	17	2	0	25	409	24	4	1	16	30	2	0	2	MMA:2oz G/B:1sv WG V:1/4c S
	Maple Baked Beans	162	0	0	0	0	285	34	7	11	7	62	0	88	3	V:1/2c L
	Orange Juice	56	0	0	0	0	1	13	0	10	1	27	48	11	0	F:1/2c
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
05-08-2018	HOMESTYLE SALISBURY STEAK W/GRAVY	150	6	1	0	34	584	7	0	1	16	12	0	24	1	
	Sliced Bread ^	70	1	0	0	0	135	13	2	1	4	0	0	60	1	G/B:1sv WG
	Mashed Potatoes	79	0	0	0	0	275	17	1	1	3	0	59	39	0	V:1/2c S
	Baby Carrots	13	0	0	0	0	29	3	1	2	0	1525	1	12	0	V:1/4c RO
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Mixed Fruit Cup	64	0	0	0	0	4	16	1	13	2	8	4	8	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	

Nutritional Information: THE INTERGENERATIONAL SCHOOL

Nutrition Information and menus are planned using a blended estimate of milk choices served in schools. For individual milk nutrients consult actual labels on cartons served at the school.

	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
05-09-2018	CRISPY CHICKEN FILLET ^	240	13	2	0	25	520	15	2	0	16	0	0	40	1	MMA:2oz G/B:1sv WG
	Hamburger Bun ^	142	2	0	0	0	156	14	1	2	6	0	0	29	1	G/B:2sv WG
	Mixed Vegetables	94	1	0	0	0	36	20	5	6	4	408	24	29	1	V:1/4c RO V:1/2c S
	Grape Juice	60	0	0	0	0	20	14	0	16	0	0	30	0	0	F:1/2c
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
05-10-2018	DELI SUB SANDWICH ^	287	13	5	0	54	819	30	3	2	14	40	1	151	2	MMA:2oz G/B:2sv WG
	Tropical Veggie Juice	90	0	0	0	0	45	23	0	22	0	150	60	0	0	V:3/4c O
	Applesauce Cup	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
05-11-2018	CHICKEN DIPPERS ^ W/TOMATO PARMESAN SAUCE	319	17	4	0	48	792	22	1	0	20	63	0	55	1	MMA:2.25oz G/B:1sv WG V:1/2c RO
	Broccoli	25	0	0	0	0	23	4	3	1	3	49	53	53	1	V:1/2c DG
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
05-14-2018	PIZZA DIPPERS ^	290	11	5	0	20	530	30	3	6	19	80	0	350	2	MMA:2oz G/B:2sv WG
	Marinara Dipping Sauce	76	4	0	0	0	305	9	0	0	2	16	0	5	0	V:1/2c RO
	Green Beans	30	0	0	0	0	2	6	2	2	1	21	10	33	1	V:1/2c O
	Mixed Fruit Cup	64	0	0	0	0	4	16	1	13	2	8	4	8	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
05-15-2018	HOT DOG W/ POTATO ROUNDS	164	11	4	0	25	369	11	1	1	5	0	3	0	1	MMA:1.5oz V:1/4c S
	Hot Dog Bun ^	130	2	0	0	0	210	25	4	2	6	0	0	37	1	G/B:1.5sv WG
	Maple Baked Beans	162	0	0	0	0	285	34	7	11	7	62	0	88	3	V:1/2c L
	Diced Peaches	62	0	0	0	0	6	15	1	13	2	18	2	4	0	F:1/2c
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
05-16-2018	*BUILD YOUR OWN WRAP*	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	CRISPY CHICKEN TENDERS ^	260	15	2	0	25	390	16	3	1	15	30	0	0	2	MMA:2oz G/B:1sv WG
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Soft Tortilla ^	160	5	0	0	0	130	26	2	0	4	0	0	120	1	G/B:2sv WG
	Romaine Lettuce	5	0	0	0	0	2	1	1	0	0	124	1	9	0	V:1/2c DG
	Baby Carrots	13	0	0	0	0	29	3	1	2	0	1525	1	12	0	V:1/4c RO
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	

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	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
05-17-2018	RANCH TURKEY BURGER	148	8	2	0	41	327	4	0	1	15	21	1	73	2	MMA:2oz
	Hamburger Bun ^	142	2	0	0	0	156	14	1	2	6	0	0	29	1	G/B:2sv WG
	French Fries	155	6	1	0	0	45	24	0	0	2	0	10	0	0	V:3/4c S
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1c
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
05-18-2018	CHEESY CHICKEN VEG BOOYAH (STEW)	204	7	3	0	45	386	22	4	3	16	204	7	125	2	MMA:2oz V:1/4c RO
	Breadstick ^	100	1	0	0	0	135	20	2	2	4	0	6	20	1	G/B:1sv WG
	Diced Pears	66	0	0	0	0	6	16	2	12	2	0	1	6	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
05-21-2018	CHICKEN NUGGETS WITH POTATO ROUNDS ^	279	14	3	0	44	484	22	2	0	17	38	3	0	0	MMA:2oz G/B:1sv WG V:1/4c S
	Maple Baked Beans	162	0	0	0	0	285	34	7	11	7	62	0	88	3	V:1/2c L
	Orange Juice	56	0	0	0	0	1	13	0	10	1	27	48	11	0	F:1/2c
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
05-22-2018	VEGETARIAN CHILI WITH BEANS	172	1	0	0	0	882	32	7	8	10	47	3	61	3	MMA:2oz V:1/2c RO
	French Fries	103	4	1	0	0	30	16	0	0	2	0	6	0	0	V:1/2c S
	Diced Peaches	62	0	0	0	0	6	15	1	13	2	18	2	4	0	F:1/2c
	Corn Muffin ^	220	7	1	0	0	239	37	3	11	4	2	0	60	1	G/B:2sv WG
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
05-23-2018	MINI CORN DOGS ^	259	13	3	0	40	369	31	2	11	12	0	66	100	2	MMA:2oz G/B:2sv WG
	Whole Kernel Corn	109	1	0	0	0	4	26	3	3	4	12	8	5	0	V:3/4c S
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1c
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
05-24-2018	BBQ CHICKEN	194	5	2	0	55	453	17	0	10	22	49	1	14	0	MMA:2oz V:1/4c RO
	Hamburger Bun ^	142	2	0	0	0	156	14	1	2	6	0	0	29	1	G/B:2sv WG
	Broccoli	25	0	0	0	0	23	4	3	1	3	49	53	53	1	V:1/2c DG
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
05-25-2018	TACO SCOOPS	173	6	1	0	33	782	12	1	2	17	292	2	43	2	
	Salsa Cup	31	0	0	0	0	96	6	1	0	1	141	3	0	2	V:1/4c RO
	Tortilla Chips ^	120	4	0	0	0	105	18	2	0	2	0	0	20	0	G/B:1.25sv WG
	Pineapple Tidbits	68	0	0	0	0	2	16	1	14	2	4	10	14	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	

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05-28-2018	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
	MEMORIAL DAY	0	0	0	0	0	0	0	0	0	0	0	0	0	0	

Meal Contributions : M/MA = Meat/Meat Alternate F = Fruit V = Vegetable G/B = Grain/Bread W/G = Whole Grain
 Vegetable Types : DG = Dark Green R/O = Red/Orange L = Legumes S = Starchy O = Other

Allergen Information: THE INTERGENERATIONAL SCHOOL

ALLERGEN WARNING: This menu is for reference only, and the food products delivered to schools are subject to change without notice. Accurate and up-to-date ingredient information regarding ingredients – including the 8 major food allergens – is available on the product label at your school. To avoid exposure to these food allergens, refer to the actual product label. **FAILURE TO DO SO MAY RESULT IN INADVERTENT EXPOSURE TO FOOD ALLERGENS.**

	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
05-01-2018	PIZZA DIPPERS ^	X	X					X	X
	Marinara Dipping Sauce	X						X	
	Whole Kernel Corn								
	Orange Juice								
	Choice of Milk	X							
05-02-2018	CHICKEN TACO	X							
	Tortilla Chips ^								
	Refried Beans							X	
	Diced Peaches								
	Choice of Milk	X							
05-03-2018	MINI CORN DOGS	X	X					X	X
	POTATO ROUNDS								
	Romaine Lettuce								
	Light Ranch Dressing	X	X					X	
	Fresh Fruit								
	Mustard								
	Ketchup (2)								
Choice of Milk	X								
05-04-2018	CHARBROILED CHEESEBURGER	X						X	
	Hamburger Bun ^							X	X
	Tropical Veggie Juice								
	Mixed Fruit Cup								
	Mustard								
	Ketchup								
	Choice of Milk	X							
05-07-2018	CHICKEN TENDERS WITH POTATO WEDGES ^							X	X
	Maple Baked Beans								
	Orange Juice								
	BBQ Sauce							X	
	Ketchup								
	Choice of Milk	X							
05-08-2018	HOMESTYLE SALISBURY STEAK W/GRAVY							X	X
	Sliced Bread ^							X	X
	Mashed Potatoes	X						X	
	Baby Carrots								
	Light Ranch Dressing	X	X					X	
	Mixed Fruit Cup								
	Choice of Milk	X							

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
05-09-2018	CRISPY CHICKEN FILLET ^							X	X
	Hamburger Bun ^							X	X
	Mixed Vegetables								
	Grape Juice								
	BBQ Sauce							X	
	Choice of Milk	X							
05-10-2018	DELI SUB SANDWICH ^	X						X	X
	Tropical Veggie Juice								
	Applesauce Cup								
	Mustard								
	Choice of Milk	X							
05-11-2018	CHICKEN DIPPERS ^ W/TOMATO PARMESAN SAUCE	X						X	X
	Broccoli								
	Fresh Fruit								
	Choice of Milk	X							
05-14-2018	PIZZA DIPPERS ^	X	X					X	X
	Marinara Dipping Sauce	X						X	
	Green Beans								
	Mixed Fruit Cup								
	Choice of Milk	X							
05-15-2018	HOT DOG W/ POTATO ROUNDS							X	
	Hot Dog Bun ^							X	X
	Maple Baked Beans								
	Diced Peaches								
	Mustard								
	Ketchup								
	Choice of Milk	X							
05-16-2018	*BUILD YOUR OWN WRAP*								
	CRISPY CHICKEN TENDERS ^							X	X
	BBQ Sauce							X	
	Soft Tortilla ^								X
	Romaine Lettuce								
	Baby Carrots								
	Light Ranch Dressing	X	X					X	
	Choice of Milk	X							

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
05-17-2018	RANCH TURKEY BURGER	X						X	X
	Hamburger Bun ^							X	X
	French Fries							X	
	Fresh Fruit								
	Mustard								
	Ketchup								
	Choice of Milk	X							
05-18-2018	CHEESY CHICKEN VEG BOOYAH (STEW)	X	X					X	
	Breadstick ^							X	X
	Diced Pears								
	Choice of Milk	X							
05-21-2018	CHICKEN NUGGETS WITH POTATO ROUNDS ^							X	X
	Maple Baked Beans								
	Orange Juice								
	BBQ Sauce							X	
	Ketchup								
Choice of Milk	X								
05-22-2018	VEGETARIAN CHILI WITH BEANS							X	X
	French Fries							X	
	Diced Peaches								
	Corn Muffin ^								X
	Ketchup								
Choice of Milk	X								
05-23-2018	MINI CORN DOGS ^	X	X					X	X
	Whole Kernel Corn								
	Fresh Fruit								
	Mustard								
	Ketchup								
	Choice of Milk	X							
05-24-2018	BBQ CHICKEN							X	
	Hamburger Bun ^							X	X
	Broccoli								
	Fresh Fruit								
Choice of Milk	X								
05-25-2018	TACO SCOOPS							X	
	Salsa Cup								
	Tortilla Chips ^								
	Pineapple Tidbits								
	Choice of Milk	X							

Allergen Information: THE INTERGENERATIONAL SCHOOL

ALLERGEN WARNING: This menu is for reference only, and the food products delivered to schools are subject to change without notice. Accurate and up-to-date ingredient information regarding ingredients – including the 8 major food allergens – is available on the product label at your school. To avoid exposure to these food allergens, refer to the actual product label. **FAILURE TO DO SO MAY RESULT IN INADVERTENT EXPOSURE TO FOOD ALLERGENS.**

	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
05-28-2018	MEMORIAL DAY								