

Courtyard School Menu MAY 2023 - Food Supervisor-Mr. Lewis D'Ippolito  
Lunches Provided by Big John's Pizza Queen, Vineland, NJ

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 9:00 am	¾ oz. Cereal* ¾ Cup of Milk Banana	Waffles 1 oz. of Syrup ¾ Cup of Milk 4oz Juicy Juice	¾ oz. Cereal Banana ¾ Cup of Milk	½ Whole Wheat Bagel 1oz Cream Cheese ¾ Cup of Milk 4oz Juicy Juice	4 oz. Yogurt ¾ Cup of Milk or 4oz Juicy Juice Banana
Snack 3:00 pm	1.5 oz Goldfish Crackers 4 oz. Applesauce or 1/2 Cup of Milk	½ cup fresh fruit ½ Cup of Milk	Whole Wheat Crackers Cheddar Cheese Slices ½ Cup of Juice	4 oz. Applesauce 1 ½ oz. Chex Mix ½ Cup of Milk	½ cup fresh fruit ½ Cup of Milk

**Lunches:** Served 12:00 & with milk (¾ cup) and fresh fruit (apples, oranges, bananas)

- May 1 - BBQ Chicken Sandwich on Bun (1 ½ oz); Corn (1/4 cup)**
- 2 - Cheese (1 ½ oz.) Pizza; Salad (1/2 Cup)
- 3 - Chicken Quesadilla (1 ½ oz. chicken) and Mixed Vegetables (1/4 cup)
- 4 - WG French Toast (1/2 slice) & Sausage Patty (1 ½ oz.)
- 5 - Grilled Ham & Cheese (1 ½ oz.) on WG Bread; Veggie sticks(1/4 cup)
  
- 8 - WG Pasta with Alfredo Sauce & Chicken (1 ½ oz.); Green beans (1/4 cup)
- 9 - WG Steak (1 ½ oz. ) Stromboli & Salad (1/2 cup)
- 10- WG Chicken Patty ( 1 ½ oz.) on WG Bun; Buttered Carrots (1/4 cup)
- 11 - \*Meatballs (1 ½ oz) on WG Bun; Mixed Veggies (1/4 cup)
- 12 -Turkey (1 ½ oz.) & Cheese (½ oz.) on WG Bread; Veggie Sticks (1/4 cup)
  
- 15 – Baked Chicken (1 ½ oz.); Mashed potatoes (1/4 cup)
- 16 – Hamburger on bun (1 ½ oz); Veggie Sticks(1/4 cup)
- 17 – Chicken & Gravy (1 ½ oz.); Mashed potatoes (1/4 cup)
- 18 – Pasta (1/2 cup) with \*Meatballs (1/2 oz) & Sauce; Salad (1/2 cup)
- 19 – Ham ( 1 ½ oz.) & Cheese ( ½ oz.) on WG Bread; Veggie sticks(1/4 cup)
  
- 22 – Chicken Quesadilla (1 ½ oz. chicken); Buttered Carrots (1/4 cup)
- 23 – WG Cheese (1 ½ oz.) Pizza; Salad (1/2 Cup)
- 24 – Grilled Ham & Cheese (1 ½ oz.) on WG Bread; Veggie sticks(1/4 cup)
- 25 – \*Meatballs (1 1/2 oz.) in brown gravy; ½ slice WG bread; Mashed potatoes (1/4 cup)
- 26 - WG Chicken Nuggets (1 ½ 1oz.); Broccoli with Cheese (1/4 cup); WG bread (1/2 slice)
  
- 29 - Memorial Day – SCHOOL CLOSED
- 30 – WG Chicken Patty ( 1 ½ oz.) on WG Bun; Curly Fries (1/4 cup)
- 31 – WG Steak (1 ½ oz. ) Stromboli & Salad (1/2 cup)

NOTES: Dressings for salad and veggie sticks either Italian or Ranch. We use WHOLE GRAINS ( WG)  
\*VARIETY OF CEREALS SERVED: CHEERIOS, RICE KRISPIES, KIX, BRAN FLAKES, CORN FLAKES  
½ Cup of fruit consists of a combination of two of the following fruits. Apples, Bananas and or Orange  
\*This item may contain pork products.