



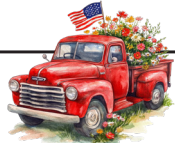


May MOW Meal Menu



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|--|
|  |  | | 1 Rosemary Chicken Mac & Cheese Veggie Blend Canteloupe Cup Whole Wheat Roll | 2 Chicken Fajitas Spanish Rice Black Beans Orange Whole Wheat Tortilla |
| 5 King Ranch Chicken Red Potatoes w/Dill Steamed Carrots Mango & Papaya Cup Whole Wheat Roll | 6 Chicken Spinach Sald Chicken Salad Fresh Spinach, Tomatoes, Cucum- bers, Shredded Carrots Ranch Dressing | 7 Carne Guisada Black Beans Spanish Rice Orange Whole Wheat Tortilla | 8 Shephard's Pie Green Beans Seasoned Cauliflower Banana Whole Wheat Roll | 9 Chicken Tenders White Country Gravy Sweet Potatoes Veggie Blend Whole Wheat Roll |
| 12 Pork Riblet BBQ Sauce Mashed Potatoes Seasoned Zucchini Banana Whole Wheat Roll | 13 Turkey Tetrazzini Rotini Pasta Broccoli & Cauliflower Yellow Squash Mandarin Orange Cup Whole Wheat Roll | 14 Grilled Chicken Breast Creole Sauce Veggie Blend Oven Baked Fries Whole Wheat Roll | 15 Spaghetti with Beef Meatballs Butternut Squash Green Beans w/ Tomatoes Breadstick | 16 Orange Chicken Steamed Brown Rice Asian Veggie Blend Veggie Egg Roll Orange |
| 19 BBQ Chicken Sandwich Sweet Potato Tots Seasoned Spinach Apple | 20 Baked Ziti with Ground Turkey Penne Pasta Seasoned Broccoli Steamed Corn Breadstick | 21 Sliced Turkey & Swiss Cheese on a Hoagie Lettuce & Tomato Cucumber Slices Baby Carrots Mixed Fruit Cup | 22 Picadillo Black Beans Spanish Brown Rice Picante Sauce Mixed Fruit Cup Whole Wheat Tortilla | 23 Tarragon Chicken Breast Veggie Blend Brussels Sprouts Banana Whole Wheat Roll |
| 26 Chicken Fajitas with Teriyaki Glaze Brown Rice Veggie Blend Orange | 27 Chicken Casserole Egg Noodles Peas & Carrots Spinach & Onions Breadstick | 28 Mushroom & Onion Burger Oven Baked Fries Veggie Blend Apple | 29 Grilled Chicken Breast Fresh Bell Peppers Green Beans Yellow Squash Banana Whole Wheat Roll | 30 Creole Meatloaf Broccoli & Cauliflower Mac & Cheese Mixed Fruit Cup Whole Wheat Roll |

Menus are subject to change based on product availability.



30280 Cougar Bend, Bulverde TX 78163 • (830) 438-3111 • www.bsbac.com



SELRICO
SERVICES