




Mon	Tue	Wed	Thu	Fri
				1 Choose 1: Cheese or Pepperoni Pizza Chef Salad Turkey & Cheese on Whole Wheat
4 Choose 1: Chicken Nuggets Chef Salad Chicken Cesar Wrap	5 Choose 1: Beef Tacos Chicken Cesar Salad Ham & Cheese on Whole Wheat	6 Choose 1: Pasta with Chicken & Broccoli in cream sauce Greek Salad Turkey & Cheese on Whole Wheat	7 Choose 1: Cuban Platter Chicken Cesar Salad Turkey Wrap	8 Choose 1: Cheese or Pepperoni Pizza Greek Salad Tuna Salad Wrap
11 Choose 1: Macaroni & Cheese Asian Chicken Salad Ham & Cheese on Whole Wheat	12 Choose 1: Italian Roast Pork Sandwich Chef Salad Turkey Wrap	13 Early Release!	14 Choose 1: Chicken Nuggets Greek Salad Chicken Cesar Wrap	15 Choose 1: Cheese or Pepperoni Pizza Chef Salad Turkey & Cheese on Whole Wheat
18 Choose 1: Hamburger on Whole Wheat Chef Salad Chicken Cesar Wrap	19 Choose 1: Asian Chicken w/ rice Chicken Cesar Salad Ham & Cheese on Whole Wheat	20 Choose 1: Meatball Sub Greek Salad Turkey & Cheese on Whole Wheat	21 Choose 1: Vegetable Lasagna Alfredo Chicken Cesar Salad Turkey Wrap	22 Choose 1: Cheese or Pepperoni Pizza Greek Salad Tuna Salad Wrap
25 Memorial Day  No School	26 Choose 1: Chicken Nuggets Chef Salad Turkey Wrap	27 Choose 1: Lasagna Chicken Cesar Salad Tuna Salad Wrap	28 Choose 1: Macaroni & Cheese Greek Salad Chicken Cesar Wrap Eat Lunch with your Child Day!	29 Choose 1: Cheese or Pepperoni Pizza Chef Salad Turkey & Cheese on whole wheat

Guacamole

Fun Factoid: Contrary to popular belief, an avocado is a fruit, not a vegetable.

Ingredients:

- 2 ripe avocados
- 1 plum tomato
- 1 jalapeno pepper (seeded and finely chopped)
- 1/2 cup loosely packed fresh cilantro leaves, chopped
- 1/3 cup chopped sweet onion (Vidalia's are always good)
- Salt to taste
- Plain tortilla chips (baked, if you like)

Instructions:

Place jalapeno, cilantro, onion, and salt in a large mortar, and grind away with the pestle. It's okay if the onions remain a bit chunky.
Cut the avocados in half. Twist in opposite directions to separate. Slip a spoon in, scoop the fruit out, and place it on a cutting board. Chop into chunks.
Cut tomato in half crosswise. Gently squeeze to get seeds out. Now add avocado and chopped tomato to onion mixture in the mortar. Mash. Spoon until mostly blended (some of the avocado chunks should remain intact.)
Serve immediately. Makes 12 tablespoon-sized servings.

