

CREATIVE MINDS - LUNCH MENU

E. W. STOKES KITCHEN - MAY, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 POTATO & LEEK SOUP W.G. BREAD BANANAS MILK, 1% MILK, SKIM	2 BAKED CHICKEN WINGS BAKED TOFU BROWN RICE PEAS PEARS MILK, 1% MILK, SKIM	3 FRIED RICE W/EGG CARROTS NECTARINES MILK, 1% MILK, SKIM	4 TURKEY HAM SANDWICH TOMATO MOZZARELLA (V) on W.G. BREAD SPINACH APPLES MILK, 1% MILK, SKIM
7 PESTO PASTA W/CHICKEN BREAST PEAS ORANGES MILK, 1% MILK, SKIM	8 CHICKEN QUESADILLA VEGGIE QUESADILLA BLACK BEAN SALSA BANANAS MILK, 1% MILK, SKIM	9 BBQ CHICKEN BBQ TOFU BROWN RICE ROASTED CARROTS PEACHES MILK, 1% MILK, SKIM	10 CHILI W/BEEF CHILI W/BEANS W.G. PASTA COLESLAW APPLES MILK, 1% MILK, SKIM	11 ALL-BEEF BURGERS BLACK BEAN BURGER ON W.G. BUN SPINACH SALAD PEARS MILK, 1% MILK, SKIM
14 W.G. MACARONI & CHEESE TOMATO BASIL SALAD ORANGES MILK, 1% MILK, SKIM	15 SHEPHARD'S PIE W/BEEF SHEPHARD'S PIE W/CHEESE & VEG MASHED POTATOES PEARS W.G. ROLL MILK, 1% MILK, SKIM	16 JERK CHICKEN WINGS JERK TOFU RICE & PEAS FRUIT CUP MILK, 1% MILK, SKIM	17 PESTO FLATBREAD W/CHEESE & MUSHROOMS (V) SPINACH CUPS APPLES MILK, 1% MILK, SKIM	18 BEEF, RICE & CHEESE OR BEAN, RICE, & CHEESE BURRITO ON W.G. TORTILLA CORN SALSA NECTARINES MILK, 1% MILK, SKIM
21 PASTA W/RED SAUCE MOZZARELLA CHEESE STICK CHICKPEA SALAD HONEYDEW MILK, 1% MILK, SKIM	22 HOUSE SALAD W/CHICKEN HOUSE SALAD W/EGG DICED TOMATO CUP FRESH PEACHES MILK, 1% MILK, SKIM	23 LEMON PEPPER CHICKEN LEMON PEPPER TOFU BROWN RICE BROCCOLI PEARS MILK, 1% MILK, SKIM	24 CHICKEN CEASAR WRAP OR VEGGIE & CHEESE CAESAR WRAP ON W.G. TORTILLA COLESLAW APPLES MILK, 1% MILK, SKIM	25 ALL-BEEF BURGERS BLACK BEAN BURGER ON W.G. BUN HOME FRIES BANANAS MILK, 1% MILK, SKIM
28 NO SCHOOL TODAY	29 POTATO & LEEK SOUP W.G. BREAD BANANAS MILK, 1% MILK, SKIM	30 BAKED CHICKEN WINGS BAKED TOFU BROWN RICE PEAS PEARS MILK, 1% MILK, SKIM	31 W.G. CHEESE PIZZA CARROTS NECTARINES MILK, 1% MILK, SKIM	

MENU SUBJECT TO CHANGE.