

# Shelter Rock Lunch Menu May 2025

## Meal Price:

**Paid: \$3.00**

*Adult Lunch Meal: \$5.03+tax*

## More Info...

**Daily Milk Offerings:** 1% White, Fat Free White, Fat Free Chocolate (all antibiotic & hormone free)

**Daily Fruit Offerings:** Apple, Orange, Banana, 100% Apple Juice or 100% Fruit Punch

**Daily Vegetable Offerings:** Baby Carrots & Side Garden Salad

## Available Daily:

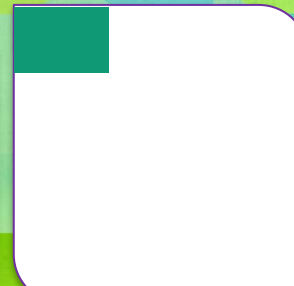
- Sunflower Seed Butter w/ Jelly Sandwich on WG Bread **V**
- Bagel Meal: Fresh NY-Style Bagel w/ 2 cheese stick **V**
- Fruit and Yogurt with Granola **V**
- Turkey and Cheese on WG Bread or Wrap
- Ham & Cheese on WG Bread or Wrap **P**

**Please Note:** (WG) denotes whole grain, (P) denotes item may contain pork, **V** denotes Vegetarian option, (\*)

All deli sandwiches made with Boar's Head meats

**Grades K-12 are offer vs serve and must choose at least 3, up to 5, of the below mentioned items. One of the choices must be a fruit or vegetable.**

- Meat/Meat Alternate
- Vegetable
- Whole Grain Item
- Fruit
- Milk



**1**

Grilled Cheese Bar  
3- Cheese  
Or Tomato  
Oven Roasted Broccoli  
Butternut Squash  
Banana  
Berry Cup  
**Pretzel \$1.25**

**2**

Cheese Pizza  
Pepperoni (P) Pizza  
Tomato Salad  
Garbanzo Beans  
Apple Slices  
Grapes

**5**

Brunch For Lunch  
Pancakes with Syrup  
Chicken Sausage Patties  
Tater Tots  
Steamed Spinach  
Apple/Orange

**6** Taco Tuesday  
Turkey Taco Meat  
Hard or Soft Shells  
Steamed Carrots  
Side Salad  
*Cheese, Salsa and Sour Cream*  
Kiwi Halves/Pear  
**Make your Own Yogurt Bar**

**7**

Chicken Nuggets  
WG Roll  
Mashed Potato  
Sauteed Green Beans  
Grapes  
Peach Cup

**8**

Pasta with Meat Sauce  
Garlic Bread  
Green Beans  
Side Salad  
Berry Cup  
Banana  
**Pretzel \$1.25**

**9**

Cheese Pizza  
Pepperoni (P) Pizza  
Carrots with Dip  
Garbanzo Beans  
Apple Slices  
Banana

**12**

Baked Ziti  
WG Roll  
Caesar Salad  
Sauteed Green Beans  
Grapes  
Peach Cup

**13**

Chicken Teriyaki with  
Brown Rice  
Oven Roasted Zucchini  
Celery Sticks  
Berry Cup  
Cantaloupe  
**Make your own Salad Bar**

**14**

Grilled Cheese Bar  
3- Cheese  
Or Tomato  
Oven Roasted Broccoli  
Butternut Squash  
Orange  
Apple Slices

**15**

Homemade Mac &  
Cheese  
Steamed Spinach  
Cucumber Coins  
Fruit Cocktail  
Banana  
**Pretzel \$1.25**

**16**

Cheese Pizza  
Pepperoni (P) Pizza  
Tomato Salad  
Garbanzo Beans  
Pear  
Orange

**19**

Brunch For Lunch  
Waffle with Syrup  
Chicken Sausage Patties  
Tater Tots  
Steamed Spinach  
Apple/Orange

**20**

Beef Nachos  
*Beef Taco Meat, Shredded Cheese, Salsa, Sour Cream*  
Black Beans  
Corn  
Grapes  
Peach Cup  
**Make your own Salad Bar**

**21**

BBQ Pulled Pork  
Sandwich  
Homemade Cole Slaw  
French Fries  
Carrots with Dip  
Orange/ Apple

**22**

Chicken Parm with Pasta  
and Marinara Sauce  
Spinach  
Celery Sticks  
Banana  
Kiwi Halves  
**Pretzel \$1.25**

**23**

No School  
Memorial  
Weekend

**26**

No school  
Memorial Day

**27**

No School  
Memorial  
Weekend

**28** Burger Bar  
Beef, Turkey or  
Veggie  
With all the Fixin's  
French Fries  
Carrots with Dip  
Orange/ Berry Cup

**29**

Brunch For Lunch  
French Toast Sticks with  
Warm Fruit Compote  
Chicken Sausage Patties  
Tater Tots  
Cucumber Coins  
Banana  
Pear Cup  
**Pretzel \$1.25**

**30**

Cheese Pizza  
Pepperoni (P)  
Pizza  
Tomato Salad  
Garbanzo Beans  
Peach Cup  
Orange

