



This institution is an Equal Opportunity Employer

MAY 2021

Mt Ararat Middle School

All Meals are free of charge for children age 18 and under
Menu Subject to change without notice

Monday

Quesadilla
Salsa & Sour Cream
Spanish Rice
Corn Salsa
Fresh Grapes
Milk
Alternate Choice: Ham OR Cheese Sandwich

Tuesday

Chicken Patty Sandwich
Potato Wedges
Carrots & Dip
Applesauce
Milk
Alternate Choice: Ham OR Cheese Sandwich

Wednesday

Chef's Choice
Alternate Choice: Ham OR Cheese Sandwich

Thursday

Pizza Crunchers
w/Marinara Sauce
Broccoli, Bacon, Craisin Salad
Orange Wedges
Milk
Alternate Choice: Ham OR Cheese Sandwich

Friday

Macaroni & Cheese
Steamed Spinach
Wg Roll
Fruit Salad
Milk
Alternate Choice: Ham OR Cheese Sandwich

French Toast w/Sausage
Syrup
Hash Browns
Applesauce Cups
Milk
Alternate Choice: Turkey OR Cheese Sandwich

Nachos w/Beef
Cheese Sauce
Salsa & Sour Cream
Black Bean Salad
Kiwi Halves
Milk
Alternate Choice: Turkey OR Cheese Sandwich

Chef's Choice
Alternate Choice: Turkey OR Cheese Sandwich

Meatball Subs
Baked Onion Rings
Peas & Carrots
Fresh Grapes
Milk
Alternate Choice: Turkey OR Cheese Sandwich

Orange Chicken
Brown Rice
Steamed Broccoli
Pineapple
Milk
Alternate Choice: Turkey OR Cheese Sandwich

Mams Mixable
2 Mozzarella Sticks, 3 Nuggets
2 Corn Dogs, Baked Fries
Dipping Sauce
Steamed Peas
Milk
Alternate Choice: Ham OR Cheese Sandwich

American Chop Suey
Side Salad w/Dressing
WG Roll
Apple
Milk
Alternate Choice: Ham OR Cheese Sandwich

Chef's Choice
Alternate Choice: Ham OR Cheese Sandwich

Hot Dogs
Vegetarian Baked Beans
Coleslaw
Watermelon
Milk
Alternate Choice: Ham OR Cheese Sandwich

Tomato Soup
Bosco Stick
Baby Carrot
Applesauce
Milk
Alternate Choice: Ham OR Cheese Sandwich

Peperoni Munchable
Sauce, Cheese, Flatbread
Baby Tomatoes
Orange & Animal Crackers
Milk
Alternate Choice: Turkey OR Cheese Sandwich

Yogurt Munchable
Yogurt, Berries, Granola, Celery
Cinnamon Goldfish
Craisins
Milk
Alternate Choice: Turkey OR Cheese Sandwich

Chef's Choice
Step Up Day Munchable Meal
Pretzel, Celery, Apple, Sunbutter
Cheesestick & Milk
Alternate Choice: Turkey OR Cheese Sandwich

Hummus & Veggie Sticks
Cheese Stick
Pita Chips
Fruit Salad
Oreo Cookie
Milk
Alternate Choice: Turkey OR Cheese Sandwich

Pizza
Sunchips
Veggie & Dip
Juice Cup
Milk
Alternate Choice: Turkey OR Cheese Sandwich

No School
Memorial Day

May is our Last full month of school! Remember all meals are free for Children age 18 and Under, make your mornings smoother with free school breakfast & Lunch!
Please email dicarak@link75.org with any special requests