

LUNCH @ STOKES CAFE MAY 2022

Monday	Tuesday	Wednesday	Thursday	Friday
2 ALFREDO PASTA (V) ROASTED CARROTS PLUMS MILK,1% Lowfat MILK,Skim	3 BEEF, RICE & CHEESE BURRITO BEAN, RICE & CHEESE BURRITO BLACK BEAN SALSA PICO DE GALLO PEARS MILK,1% Lowfat MILK,Skim	4 CILANTRO LIME CHICKEN CILANTRO LIME BAKED TOFU ROASTED ZUCCHINI BROWN RICE APPLES MILK,1% Lowfat MILK,Skim	5 PASTA W/MEATSAUCE PASTA W/ RED SAUCE AND MOZZARE ROASTED BROCCOLI ORANGES MILK,1% Lowfat MILK,Skim	6 CHICKEN SANDWICH BLACK BEAN BURGER FRENCH FRIES BANANAS MILK,1% Lowfat MILK,Skim
9 PESTO PASTA ROASTED CARROTS PLUMS ROLLS MILK,1% Lowfat MILK,Skim	10 BURRITO BOWL W/BEANS BLACK BEAN SALSA PEARS MILK,1% Lowfat MILK,Skim	11 LEMON PEPPER CHICKEN LEMON PEPPER TOFU ROASTED ZUCCHINI BROWN RICE APPLES MILK,1% Lowfat MILK,Skim	12 JERK CHICKEN JERK TOFU ROASTED BROCCOLI ORANGES BROWN RICE MILK,1% Lowfat MILK,Skim	13 SALISBURY STEAK SALISBURY TOFU CORN CUP BROWN RICE BANANAS MILK,1% Lowfat MILK,Skim
16 BLACK BEAN BURGER SPRING MIX SALAD PLUMS MILK,1% Lowfat MILK,Skim	17 CHICKEN QUESADILLA CHEESE QUESADILLA BLACK BEAN SALSA PEARS MILK,1% Lowfat MILK,Skim	18 PERUVIAN CHICKEN PERUVIAN TOFU BROWN RICE ROASTED TOMATOES APPLES MILK,1% Lowfat MILK,Skim	19 PASTA W/MEATSAUCE PASTA W/ RED SAUCE AND MOZZARE ROASTED CAULIFLOWER ORANGES MILK,1% Lowfat MILK,Skim	20 ALL-BEEF BURGERS BLACK BEAN BURGER FRENCH FRIES BANANAS MILK,1% Lowfat MILK,Skim
23 ALFREDO PASTA (V) ROASTED BROCCOLI PLUMS ROLLS MILK,1% Lowfat MILK,Skim	24 BEEF, RICE & CHEESE BURRITO BEAN, RICE & CHEESE BURRITO BLACK BEAN SALSA PEARS MILK,1% Lowfat MILK,Skim	25 ROASTED CHICKEN LEGS CURRIED TOFU PEAS BROWN RICE ROLLS APPLES MILK,1% Lowfat MILK,Skim	26 TURKEY BREAST SANDWICH MOZZARELLA & TOMATO SANDWICH TOMATO BASIL SALAD ORANGES MILK,1% Lowfat MILK,Skim	27 OVEN FRIED CHICKEN BAKED TOFU ROASTED CAULIFLOWER BROWN RICE BANANAS MILK,1% Lowfat MILK,Skim
30 NO SCHOOL TODAY	31 CHICKEN QUESADILLA CHEESE QUESADILLA BLACK BEAN SALSA PICO DE GALLO PEARS MILK,1% Lowfat MILK,Skim			

MENU SUBJECT TO CHANGE