

# MAY 2023

## MORIAH CENTRAL SCHOOL

Every day we offer a delicious and varied salad bar full of fruits and veggies.

Monday

Tuesday

Wednesday

Thursday

Friday

**1**  
Buffalo or Waldorf Chicken  
Salad Wrap W/ Chips  
Fruits & Veggies  
Milk

**2**  
Chicken Fajita  
Brown Rice  
Fruits & Veggies  
Milk

**3**  
Lasagna  
Garlic Bread  
Fruits & Veggies  
Milk

**4**  
Baked Potato Bar  
Cornbread  
Fruits & Veggies  
Milk

**5**  
Cheese Calzone  
Pepperoni Calzone  
Fruits & Veggies  
Milk

**8**  
Sesame Chicken  
Brown Rice  
Fruits & Veggies  
Milk

**9**  
Meatball Subs  
Potato Salad  
Fruits & Veggies  
Milk

**10**  
Grilled Cheese  
Tomato Soup  
Fruits & Veggies  
Milk

**11**  
Chicken Nachos  
Fruits & Veggies  
Milk

**12**  
Cheese Pizza  
Pepperoni Pizza  
Fruits & Veggies  
Milk

**15**  
BBQ Chicken  
Mac & Cheese  
Fruits & Veggies  
Milk

**16**  
Chicken Parmesan  
Penne Pasta  
Fruits & Veggies  
Milk

**17**  
Brunch For Lunch  
Fruits & Veggies  
Milk

**18**  
Teriyaki Meatballs  
Lo Mein  
Fruits & Veggies  
Milk

**19**  
Cheese Calzone  
Pepperoni Calzone  
Fruits & Veggies  
Milk

**22**  
Pasta Bar  
Alfredo/Pesto/Marinara  
Fruits & Veggies  
Milk

**23**  
Beef or Bean Taco  
Brown Rice  
Fruits & Veggies  
Milk

**24**  
Chef's Salad  
Corn Chowder  
Fruits & Veggies  
Milk

**25**  
Chicken Wings  
French Fries  
Fruits & Veggies  
Milk

**26**  
Cheese Pizza  
Pepperoni Pizza  
Fruits & Veggies  
Milk

**29**  
MEMORIAL DAY

**NO SCHOOL DAY**  
Your child can get 3 items free even if they bring lunch!!

**30**  
Sticky Chicken  
Brown Rice  
Fruits & Veggies  
Milk

**31**  
Philly Cheese Steak  
Fruits & Veggies  
Milk  
Alternate choices are PB&J or Egg Salad Sandwich.

All students eat free meals in our school.

Milk is offered daily