

- 2023 -
MAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Heart Of The Lakes Elementary

Cold Sandwich Option Offered Daily

To Be Considered A Reimbursable Meal, Kids MUST Take At Least 3 Of The 5 Food Components!! One MUST Be A Fruit Or Vegetable

FOOD COMPONENTS:

- Bread/Grain
- Meat/Meat Alternate
- Fruit
- Vegetable
- Milk

MENUS SUBJECT TO CHANGE

Questions, comments or concerns, please contact Krystal Boyd, Food Service Director, at kboyd@perham.k12.mn.us

1 Corn Dog French Fries Baked Beans Fruit Milk	2 Chicken, Bacon, Ranch Wrap Roundabouts Carrots/Ranch Fruit Milk	3 Cheesy Garlic Pull-Apart Bread Marinara Sauce Broccoli Fruit Milk	4 Chicken Chunks Mashed Potatoes Gravy Corn Dinner Roll Caesar Salad Fruit Milk	5 Waffles/Syrup Sausage Links Hashbrown Patty Cherry Tomatoes Fruit Milk
8 Cheese Quesadilla Lettuce/Ranch Carrot Sticks Fruit Milk	9 Chicken Patty On A Bun Smile Potatoes Cucumbers Fruit Milk	10 Sloppy Joe Baked Beans Broccoli/Ranch Fruit Milk	11 BBQ Pork On A Bun Fries Caesar Salad Carrots Fruit Milk	12 Grilled Chicken Sandwich Tots Celery Sticks Fruit Milk
15 Hamburger On A Bun Tater Tots Baked Beans Broccoli/Ranch Fruit Milk	16 Fish Sticks Fries Chips Carrots/Ranch Fruit Milk	17 BBQ Chicken On A Bun Roundabouts Snap Peas Fruit Milk	18 Taco In A Bag Spanish Rice Lettuce, Salsa Vegetable Fruit Milk	19 Pizza Corn Caesar Salad Carrots/Ranch Fruit Milk
22 Chicken Drumstick Mashed Potatoes Gravy Corn Vegetable Fruit Milk	23 COOKS CHOICE	24 COOKS CHOICE	25 COOKS CHOICE	26 Un crustable PB&J Carrots/Ranch Apple Slices Chips Fruit Milk LAST DAY OF SCHOOL
29 MEMORIAL DAY	30 STAFF DEVELOPMENT DAY	31 Summer Break		