

The Mays School Menu September--2026

Monday	Tuesday	Wednesday	Thursday	Friday
31-Aug	1-Sep	2-Sep	3-Sep	4-Sep
	BBQ Beef Slider, Baked Beans, Fresh Corn, Fresh Cut Fruit V-BBQ Boca Burger Slider	Broccoli, Cauliflower & Cheese Casserole with Baked Chicken Breast, Plain Pasta, Sliced Baguette, Fresh Cut Fruit V-Broccoli, Cauliflower & Cheese Casserole with Grilled Tofu	Baked Chicken Breast with Anaheim Sauce, Steamed Rice, Diced Carrots and Peas, Fresh Cut Fruit V-Grilled Tofu with Anaheim Sauce	Beef Lasagna with Ricotta Cheese, Mozzarella Cheese & Tomato Basil Pasta Sauce, Baked Yellow Squash, Garlic Bread, Fresh Cut Fruit V-Vegetarian Lasagna with Ricotta Cheese, Mozzarella Cheese & Tomato Basil Pasta Sauce
7-Sep	8-Sep	9-Sep	10-Sep	11-Sep
SCHOOL CLOSED	Chicken & Cheese Quesadillas, Steamed Rice, Black Beans, Fresh Cut Fruit V-Cheese Quesadillas	Chicken Nuggets, Waffle Fries, Steamed Broccoli, Ketchup, Fresh Cut Fruit V-Veggie Nuggets	Baked Chicken Breast, Mashed Potatoes with Cheddar Cheese, Sliced Carrots, Fresh Cut Fruit V-Grilled Tofu	Cheese Pizza, Sliced Cucumber with House Made Ranch Dressing, Fresh Cut Fruit
14-Sep	15-Sep	16-Sep	17-Sep	18-Sep
Macaroni and Cheese with Oven Roasted Chicken Breast, Steamed Broccoli, Fresh Cut Fruit V-Macaroni and Cheese with Grilled Tofu	Beef Hamburger Slider with Cheddar Cheese, Roasted Red Potatoes & Carrots, Fresh Cut Fruit V-Boca Burger Sliders	Teriyaki Chicken with Broccoli and Carrots, Steamed Rice, French Bread, Fresh Cut Fruit V-Teriyaki Grilled Tofu	Spaghetti with Turkey Meat Sauce, Fresh Green Beans & Carrots, Fresh Cut Fruit V-Spaghetti with TVP, Diced Vegetables & Marinara Sauce	Chicken and Waffles, Roasted Red Potatoes, Steamed Broccoli, Ketchup, Fresh Cut Fruit V-Baked Cheese Sticks and Waffles
21-Sep	22-Sep	23-Sep	24-Sep	25-Sep
Chicken Parmesan with Marinara Sauce, Spaghetti Pasta, Oven Roasted Zucchini, Fresh Cut Fruit V-Veggie Croquette with Marinara Sauce	Turkey & Cheese Croissant, Caprice Pasta Salad with Fresh Basil, Tomato, Cucumber, Mozzarella Cheese & Olive Oil, Fresh Cut Fruit V-Veggie Deli & Cheese Wrap	Chicken Enchilada Casserole, Black Beans, Steamed White Rice, Fresh Cut Fruit V-Vegetarian Tamales	Parmesan & Ricotta Ravioli, Oven Roasted Zucchini, Garlic Bread, Fresh Cut Fruit	Breakfast for Lunch: Pancake, Turkey Sausage, Breakfast Potato, Steamed Broccoli, Fresh Cut Fruit V-Breakfast for Lunch: Pancake, Veggie Sausage
28-Sep	29-Sep	30-Sep	1-Oct	2-Oct
Baked Chicken Breast with Alfredo Sauce, Farfalle Pasta, Oven Roasted Carrots, Fresh Cut Fruit V-Grilled Tofu with Alfredo Sauce	Turkey Sloppy Joe Slider with Monterrey Jack Cheese, Tater Tots, Fresh Corn, Fresh Cut Fruit V-TVP Sloppy Joe Slider with Monterrey Jack Cheese	Broccoli, Cauliflower & Cheese Casserole with Baked Chicken Breast, Plain Pasta, Sliced Baguette, Fresh Cut Fruit V-Broccoli, Cauliflower & Cheese Casserole with Grilled Tofu		