

The Mays School Menu
August--2026

Monday	Tuesday	Wednesday	Thursday	Friday
3-Aug	4-Aug	5-Aug	6-Aug	7-Aug
10-Aug	11-Aug	12-Aug	13-Aug	14-Aug
		Chicken Nuggets, Waffle Fries, Steamed Broccoli, Ketchup, Fresh Cut Fruit	Baked Chicken Breast, Mashed Potatoes with Cheddar Cheese, Sliced Carrots, Fresh Cut Fruit	Cheese Pizza, Sliced Cucumber with House Made Ranch Dressing, Fresh Cut Fruit
		V-Veggie Nuggets	V-Grilled Tofu	
17-Aug	18-Aug	19-Aug	20-Aug	21-Aug
Macaroni and Cheese with Oven Roasted Chicken Breast, Steamed Broccoli, Fresh Cut Fruit	Beef Hamburger Slider with Cheddar Cheese, Roasted Red Potatoes & Carrots, Fresh Cut Fruit	Teriyaki Chicken with Broccoli and Carrots, Steamed Rice, French Bread, Fresh Cut Fruit	Spaghetti with Turkey Meat Sauce, Fresh Green Beans & Carrots, Fresh Cut Fruit	Chicken and Waffles, Roasted Red Potatoes, Steamed Broccoli, Ketchup, Fresh Cut Fruit
V-Macaroni and Cheese with Grilled Tofu	V-Boca Burger Sliders	V-Teriyaki Grilled Tofu	V-Spaghetti with TVP, Diced Vegetables & Marinara Sauce	V-Baked Cheese Sticks and Waffles
24-Aug	25-Aug	26-Aug	27-Aug	28-Aug
Chicken Parmesan with Marinara Sauce, Spaghetti Pasta, Oven Roasted Zucchini, Fresh Cut Fruit	Turkey & Cheese Croissant, Caprice Pasta Salad with Fresh Basil, Tomato, Cucumber, Mozzarella Cheese & Olive Oil, Fresh Cut Fruit	Beef Tamales, Black Beans, Steamed White Rice, Fresh Cut Fruit	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-Veggie Croquette with Marinara Sauce	V-Veggie Deli & Cheese Wrap	V-Vegetarian Tamales		V-Breakfast for Lunch: Pancake, Veggie Sausage
31-Aug	1-Sep	2-Sep	3-Sep	4-Sep
Baked Chicken Breast with Alfredo Sauce, Farfalle Pasta, Oven Roasted Carrots, Fresh Cut Fruit				
V-Grilled Tofu with Alfredo Sauce				