

VIDA May 2018 Menu

<p>April Carne Asada Mashed Potatoes Pico de Gallo Steamed Corn Fresh Seasonal Fruit</p>	<p>30 May Fajita de Pollo with Green Pepper, Yellow Pepper and Onions Flour Tortillas Black Beans Green Salad Fresh Seasonal Fruit</p>	<p>1 Fabada Asturiana (Spanish Style White Beans with Pork) Brown Rice Green Tossed Salad Fresh Fruit</p>	<p>2 Beef Lasagna Garden Salad Mixed Vegetables Tomato Soup Fresh Seasonal Fruit</p>	<p>3 Baked Tilapia Brown Rice Garden Salad Steamed Broccoli Fresh Seasonal Fruit</p>
<p>7 Roasted Chicken Whole Grain Brown Rice Garbanzo Salad with Ranch Dressing Steamed Carrots Fresh Seasonal Fruit</p>	<p>8 Albondigas y Pasta Marinara Sauce Garden Salad Steamed Corn Fresh Seasonal Fruit</p>	<p>8 Fajita de Carne with Green Pepper, Yellow Pepper and Onions Flour Tortillas Black Beans Pico de Gallo Fresh Seasonal Fruit</p>	<p>9 Baked Fish with Veracruzana Sauce Brown Rice Mixed Vegetables Green Tossed Salad Fresh Seasonal Fruit</p>	<p>10 Grilled Chicken Sandwich on Whole Wheat Roll with Lettuce and Tomato Green Salad Minestrone Soup Fresh Seasonal Fruit</p>
<p>14 Carne Estofada with Steamed Carrots and Potatoes Whole Grain Brown Rice Garden Salad Fresh Seasonal Fruit</p>	<p>15 Chicken Tacos Whole Grain Tortillas Tossed Salad Steamed Corn Fresh Seasonal Fruit</p>	<p>16 Chicharones con Yuca Cabbage Salad Lentil Soup Fresh Seasonal Fruit</p>	<p>17 Pollo Estofado with Green Pepper, yellow Pepper and Onions Whole Grain Brown Rice Garden Salad Fresh Seasonal Fruit</p>	<p>18 Baked Tilapia Roasted Potatoes Steamed Broccoli Fresh Seasonal Fruit</p>
<p>21 Beef Lasagna Garden Salad Mixed Vegetables Fresh Seasonal Fruit</p>	<p>22 Roasted Chicken Whole Grain Brown Rice Garbanzo Salad with Ranch Dressing Steamed Carrots Fresh Seasonal Fruit</p>	<p>23 Fajita de Pollo with Green Pepper, Yellow Pepper and Onions Flour Tortillas Black Beans Green Salad Fresh Seasonal Fruit</p>	<p>24 Ropa Vieja Whole Grain Brown Rice Steamed Green Beans Tossed Salad Fresh Seasonal Fruit</p>	<p>25 Baked Fish Whole Grain Bread Cream of Broccoli Soup Steamed Corn Fresh Seasonal Fruit</p>
<p>28</p>	<p>29 Pollo Estofado with Green Pepper, yellow Pepper and Onions Whole Grain Brown Rice Garden Salad Fresh Seasonal Fruit</p>	<p>30 Grilled Pork Plantains Tossed Salad Steamed Carrots Lentil Soup Fresh Seasonal Fruit</p>	<p>31 Grilled Chicken Sandwich on Whole Wheat Roll with Lettuce and Tomato Coleslaw Fresh Seasonal Fruit</p>	<p>June Tuna Salad Wrap with Lettuce Flour Tortillas Tossed Salad with Dressing Mixed Vegetables 100% Fruit Juice</p>

