

# May 2019

## State Schools – Georgia Academy for the Blind

# DINNER



**School Information:** Type your school information here.



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



### Monday



### Tuesday



### Wednesday

### Thursday

### Friday

Orange Chicken  
Egg Rolls  
Rice  
Mixed Vegetables  
Frozen Lemonade

6

Hamburgers  
Potato Chips  
Baked Beans  
Yellow Cupcakes

7

Crispy Chicken Sandwich  
Curly Fries  
Brussel Sprouts  
Chocolate Chip Cookies

8

Waffles and Sausage  
Hash browns  
Biscuits  
Yogurt Parfait

9

Hash brown Casserole  
Glazed Carrots  
Dinner Roll  
Yogurt Parfait

10

Corn Puppies  
Tater Tots  
Buttered Corn  
Yogurt Parfait

13

Personal Pizza  
Brussel Sprouts  
Garlic Bread  
Chocolate Chip cookies

14

Baked Chicken  
Seasoned Rice  
Lima Beans  
Dinner Rolls  
Jell-O Parfait

15

Seafood Basket  
Hush puppies  
California Blend Veggies  
Frozen Lemonade

16

Glazed Ham  
Mac and Cheese  
Collard Greens  
Corn Bread  
Chocolate Chip Cookies

20

Turkey & Gravy  
Seasoned Rice  
Mixed Vegetables  
Dinner Rolls  
Yellow Cupcakes

21

Spaghetti & Meatballs  
Mixed Vegetables  
Garlic Bread  
Jell-O Parfait

22

Hot Dogs  
Cheese Fries  
Green Beans  
Yellow cake

23

27

28

29

30

31