

May Menu

This menu is for ages one and older. Children between one and two years of age are served **whole milk**, soft tortillas and a vegetable substitute for lettuce.

Fresh fruit each week consists of apples, bananas, oranges and melons (when in season). We order fresh fruit depending upon the price and availability.

May 6-10

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Muffins (whole grain) Fresh Fruit skim Milk	Oatmeal w/brown sugar (whole grain) Fresh Fruit	Whole Wheat Bagel w/butter and jam Fresh Fruit	Scrambled Eggs Potato Rounds Skim Milk	Cereal (whole grain) Fresh Fruit Skim Milk
Lunch	Chicken Patties (child nutrition approved, whole grain breeding) Mixed Veggies (frozen) Mashed Potatoes w/gravy Skim milk	Taco Salad (lean ground turkey, cheese & fresh lettuce on whole corn tortilla chips) Ranch Style beans (canned) Skim milk	Chicken Alfredo (chicken, noodles and alfredo sauce) Peas (canned) Peaches (canned in juice) Skim milk	Spanish Rice w/lean ground turkey and tomato sauce Green beans (canned) Skim milk	Turkey Dogs on a whole wheat bun Pickles Baby Carrots w/dip Skim milk
Snack	Pretzels 100% Fruit Juice	Graham Crackers 100% Fruit Juice	Yogurt & Whole Wheat Cereal Pieces Ice water	Sun Butter Dip Apples Water	String cheese Ritz Crackers Water

May 13-17

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Muffins (whole grain) Fresh Fruit Skim Milk	Whole Wheat English Muffins w/honey Fresh Fruit Skim Milk	Hardboiled Eggs Bananas Skim Milk	Whole wheat toast French Toast Potato Rounds Skim Milk	Cereal (whole grain) Fresh Fruit Skim Milk
Lunch	Chef Salad (Lettuce, diced ham, shredded cheese) Whole wheat rolls Pickled Beets (canned) Skim Milk	Sweet & Sour chicken over rice Broccoli (canned) Pineapple(canned) Skim milk	Lean ground turkey, pinto bean & cheese burritos on a whole wheat tortilla Baby Carrots w/dip Corn (frozen) Skim milk	Sloppy Joes on whole wheat buns Fresh cucumber spears w/dip Peaches (canned in juice) Skim Milk	Turkey & cheese Wrap (Turkey & cheese slices in a whole wheat tortilla) Fruit cocktail cups Fresh Celery Sticks w/dip Skim milk
Snack	Animal Crackers 100% Fruit Juice	Whole grain tortilla Chips & salsa (for Pre-k on up) or grated cheese (toddler - 3's) Water	Chex Mix (whole grain chex cereal pretzels & Raisins) Water	Oyster Crackers 100% Fruit Juice	Saltines Cottage Cheese Water

May 20-24

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Muffins (whole grain) Fresh Fruit skim Milk	Oatmeal w/brown sugar (whole grain) Fresh Fruit Skim Milk	Whole grain Bagel w/butter and jam Fresh Fruit Skim Milk	Scrambled Eggs Potato Rounds Skim Milk	Cereal (whole grain) Fresh Fruit Skim Milk
Lunch	Ham & Cheese Sandwich on whole wheat bread Fresh Baby Carrots w/dip Apples Skim milk	Shepherd's Pie (lean ground turkey, green beans, mashed potatoes & cheese) Whole Wheat Rolls Skim milk	Chicken Taco Soup (chicken, pinto beans, corn & tomato sauce with cheese) Whole corn tortilla chips Fresh Cauliflower w/ranch Skim Milk	Homemade mac and Cheese with Ham (made with whole grain macaroni) Peas (frozen) Applesauce Skim milk	Turkey Dogs on a whole wheat bun Pickles Diced pear cups Skim milk
Snack	Pretzels 100% Fruit Juice	String Cheese Ritz	Wheat Thins 100% Fruit Juice	Yogurt & Whole grain Cereal Pieces	Cheesy Crackers Skim Milk

May 27-31

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Closed - Happy Memorial Day	Muffins (whole grain) Fresh Fruit Skim Milk	Hardboiled Eggs Bananas Skim Milk	Whole Wheat Bagel w/butter and jam Fresh Fruit Skim Milk	Cereal (whole grain) Fresh fruit Skim Milk
Lunch		Chicken Nuggets (child nutrition approved, whole grain breeding) Sliced peaches (canned in juice) Baked Beans (canned) Skim milk	Haystacks (rice with chicken, cheese & gravy) Broccoli (frozen) Pineapple (canned in juice) Skim milk	Ham & Cheese Pizza (ham, cheese, sauce on whole grain english muffin) Fresh Salad Skim Milk	Turkey & Cheese Wrap (turkey and cheese slices in a whole wheat tortilla) Fruit Cocktail Cups Fresh Celery Sticks w/dip Skim milk
Snack		Whole wheat bread w/cinnamon butter 100% Fruit Juice	Chex Mix (whole grain chex cereal pretzels & Raisins) Water	Oyster Crackers 100% Fruit Juice	Graham Crackers Skim milk