

MAY MENU 2021 - 9TH STREET

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 3-7

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------|---|--|---|---|--|
| Breakfast | Muffins (whole grain) Fresh Fruit Skim Milk | Pancakes Fresh Fruit or Potato Rounds Skim Milk | Whole wheat Bagel w/butter and jam Fresh Fruit Skim Milk | Scrambled Eggs Fresh Fruit Skim Milk | Cereal (whole grain) Fresh Fruit Skim Milk |
| Lunch | Pizza from Pizza Hut (meets the Child Nutrition Requirements) Fresh Baby Carrots w/dip Skim Milk | Spanish Rice w/lean ground turkey and tomato sauce Fresh Salad Skim milk | Homemade mac and Cheese with Ham (made with whole grain macaroni) Peas (frozen) Pears (canned) Skim milk | Chicken Patties (child nutrition approved, whole grain breading) Mixed Veggies - Cali blend (frozen) Mashed Potatoes w/gravy Skim milk | Tomato Soup Townhouse Crackers Sliced Cheese Cucumber Spears w/dip Skim Milk |
| Snack | Graham Crackers Milk | Yogurt & Whole grain Cereal Pieces Water | Animal Crackers 100% Fruit Juice | Pita bread w/dip 100% Fruit Juice | Saltines Cottage Cheese Water |

May 10-14

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------|---|--|---|---|---|
| Breakfast | Muffins (whole grain) Fruit Fresh skim Milk | Hard Boiled Eggs Bananas Skim Milk | Whole Wheat Bagel w/butter and jam Fresh Fruit Skim Milk | Whole Wheat French Toast Fresh Fruit or potato rounds Skim Milk | Cereal (whole grain) Fresh Fruit Skim Milk |
| Lunch | Pizza from Pizza Hut (meets the Child Nutrition Requirements) Diced Pears (canned) Skim Milk | Sloppy Joes on whole wheat buns Fresh cauliflower w/dip Mandarin Oranges (canned) Skim Milk | Chicken Alfredo (chicken, noodles and alfredo sauce) Peas (canned) Peaches (canned in juice) Skim milk | Taco Salad (lean ground turkey, cheese & fresh lettuce on whole corn tortilla chips) Ranch Style beans (canned) Skim milk | Turkey & cheese Wrap (Turkey & cheese slices in a whole wheat tortilla) Applesauce Cucumber spears w/dip Skim milk |
| Snack | Wheat thins 100% Fruit Juice | Whole wheat bread w/cinnamon butter Milk | Chex Mix (whole grain chex cereal & pretzels) 100% Fruit Juice | Apples & Sunbutter 100% Water | Elf Grahams 100% Fruit Juice |

May 17-21

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------|--|--|---|--|--|
| Breakfast | Muffins (whole grain) Fresh Fruit skim Milk | Pancakes Fresh Fruit or Potato Rounds Skim Milk | Toast (whole grain) with honey Fresh Fruit Skim Milk | Scrambled Eggs Fresh Fruit Skim Milk | Cereal (whole grain) Fresh Fruit Skim Milk |
| Lunch | Pizza from Pizza Hut (meets the Child Nutrition Requirements) Fruit cocktail (canned) Skim Milk | Ground turkey & Cheese burritos (whole grain tortillas) Corn Fresh baby carrots w/dip Skim milk | Sweet & Sour chicken over rice Broccoli (canned) Pineapple(canned) Skim milk | Lasagna Noodles (made w/lean ground turkey, cheese and tomato sauce over whole grain noodles) Green beans (canned) Skim Milk | Turkey Dogs on a whole wheat bun Pickles Baked beans (canned) Skim milk |
| Snack | Oyster Crackers 100 % Fruit juice | Goldfish crackers Skim Milk | kWhole grain tortilla Chips & salsa (for Pre-k on up) or grated cheese (toddler - 3's) Water | String Cheese Ritz Water | Pretzels 100% Fruit Juice |

May 24-28

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------|--|--|---|--|--|
| Breakfast | Muffins (whole grain) Fresh Fruit Skim Milk | Whole Wheat Bagel w/butter and jam Fresh Fruits Skim Milk | Hardboiled Eggs Bananas Skim Milk | Oatmeal Fresh fruit Skim Milk | Cereal (whole grain) Fresh Fruit Skim Milk |
| Lunch | Pizza from Pizza Hut (meets the Child Nutrition Requirements) Fresh Salad Skim Milk | Turkey & Cheese Sandwich on whole wheat bread Baby carrots w/dip Apples Skim milk (<i>Kindergarten Field Trip</i>) | Shephers Pie (mashed potatoes, ground turkey, green beans and cheese) Rolls Skim milk | Chicken Taco Soup (tomato based soup with mixed veggies & cheese on top) Tortilla Chips (whole grain) Fresh Cauliflower Skim Milk | Omelets Tator Tots Apples or oranges Whole wheat toast Skim milk |
| Snack | Animal Crackers 100% Fruit Juice | Graham Crackers Milk | Yogurt & Whole grain Cereal Pieces Water | Pita bread w/dip 100% Fruit Juice | Saltines Cottage Cheese Water |

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