

# MAY MENU 2021 - SOUTH OGDEN

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
<b>Breakfast</b>	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
<b>Lunch</b>	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 breeding) Mixed Veggies - Cali blend (frozen) Mashed Potatoes w/gravy Skim milk	Tomato Soup Grilled Cheese Sandwiches Cucumber Spears w/dip Skim Milk
<b>Snack</b>	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
<b>Breakfast</b>	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
<b>Lunch</b>	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
<b>Snack</b>	Wheat thins 100% Fruit Juice	Whole wheat bread w/cinnamon butter Milk	Cheerios (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
<b>Breakfast</b>	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
<b>Lunch</b>	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
<b>Snack</b>	Oyster Crackers 100 % Fruit juice	Goldfish crackers Skim Milk	Whole 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
<b>Breakfast</b>	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
<b>Lunch</b>	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> )	Shepherds 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
<b>Snack</b>	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