



May 2020 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack					1 Yogurt Granola Milk
Lunch					Ravioli In Creamy Tomato Sauce Steamed Veggies Seasonal Fruit Milk
Afternoon Snack					Cheese Quesadilla Avocado
Morning Snack	4 Chex Cereal Fresh Fruit Milk	5 Whole Wheat English Muffins Cream Cheese Fresh Fruit Milk	6 Whole Wheat Bagels Cream Cheese Fresh Fruit Milk	7 Eggs Whole Wheat Toasts Milk	8 Wheat French Toast Fresh Fruit Milk
Lunch	Fettuccini Alfredo With Chicken Green Beans Garlic Bread Seasonal Fruit Milk	Oven Roast Turkey, Mashed Potatoes Carrots & Peas Seasonal Fruit <u>Cheese Quesadilla</u> Milk	Beef, Bean & Cheese Burrito Steamed Veggies Seasonal Fruit <u>Bean & Cheese Burrito</u> Milk	BBQ Chicken Mac & Cheese, Green Beans Seasonal Fruit <u>Tomato Basil Soup & Garlic Bread</u> Milk	Baked Tilapia Brown Rice Veggies Seasonal Fruit <u>Vegetable Soup & Grilled Cheese</u> Milk
Afternoon Snack	Apples Sunbutter	English Muffin Pizza	Rice Cake Sun butter	Whole Wheat Pita Hummus	String Cheese Whole Wheat Crackers
Morning Snack	11 Cereal Fresh Fruit Milk	12 Cinnamon & Raisin Toast with Cream Cheese Milk	13 Cinnamon Oatmeal Raisins Milk	14 Whole Wheat Pancakes Fresh Fruit Milk	15 Whole Wheat Bagels Cream Cheese Fresh Fruit Milk
Lunch	Spaghetti Marinara & Meatballs Chopped Salad Garlic Bread Seasonal Fruit Milk	Chicken, Rice & Cheese Burrito Steamed Veggies Seasonal Fruit <u>Rice & Cheese Burrito</u> Milk	Teriyaki Beef Broccoli Brown Rice Seasonal Fruit <u>Lentil Soup & Grilled Cheese</u> Milk	Chicken Tenders Couscous Green Beans <u>Morning Star Veggie Patty</u> Milk	Ravioli In Creamy Tomato Sauce Steamed Veggies Seasonal Fruit Milk
Afternoon Snack	Applesauce Graham Crackers	Turkey and Cheese in Whole Wheat Tortilla	Cheese Pizza on Whole Wheat Bagel	Grilled Cheese Sandwich Avocado	Yogurt Fresh Fruit
Morning Snack	18 Cereal Fresh Fruit Milk	19 Whole Wheat French Toast Fresh Fruit Milk	20 Vanilla Yogurt Honey & Oats Granola Fresh Fruit Milk	21 Eggs Whole Wheat Toast Milk	22 Cinnamon Cream of Wheat Dried Fruit Milk
Lunch	Chicken Burger Baked Tater Tots Tomato & Pickles Bananas <u>Lentil Soup & Garlic Bread</u> Milk	Lasagna Salad Garlic Bread Seasonal Fruit <u>Broccoli Soup & Bread</u> Milk	Beef, Bean & Cheese Burrito Steamed Veggies Seasonal Fruit <u>Bean & Cheese Burrito</u> Milk	Chicken Noodle Soup Grilled Cheese Sandwich Vegetable Soup <u>Grilled Cheese Sandwich</u> Milk	Pepperoni & Cheese Pizza Chopped Salad Yogurt Parfait <u>Cheese Pizza</u> Milk
Afternoon Snack	Naan Bread Provolone Cheese	Rice Cake Fresh Fruit	Sun Butter and Apple	Whole Wheat Pita Hummus	Turkey and Cheese Tortilla Wrap
Morning Snack	25	26	27	28	29
Lunch	Memorial Day Center Closed				
Afternoon Snack					
		French Toast Fresh Fruit Oven Roast Turkey Mashed Potatoes Carrots & Peas Fresh Fruit <u>Cheese Quesadilla</u> Applesauce Whole Wheat Crackers	Cinnamon Oatmeal Raisins Milk Teriyaki Chicken Chow Mein Fresh Fruit <u>Lentil Soup & Garlic Bread</u> Fresh Fruit String Cheese	Whole Wheat Pancakes Fresh Fruit BBQ Beef Rice Carrots Fresh Fruit <u>Bean & Cheese Burrito</u> Fresh Fruit Ice Pops Rice Cake	Cinnamon Cream of Wheat Dried Fruit Milk Baked Chicken Couscous Broccoli <u>Morning Star Veggie</u> Milk Turkey and Cheese Tortilla Wrap