 May 2022 Breakfast & snack

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| **2**  +Whole wheat flakes  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Wheat thins  String cheese | **3**  +Wheat bagel w/cream cheese  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Vanilla yogurt with  Granola | **4**  +Toasted oats  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Soft pretzel  Applesauce | **5**  Rice Crispies  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  +Whole wheat pita pizza with  Cheese | **6**  +Apple oatmeal  ~~~~~~~~~~~~~~~~~~~~~~  +Soft breadsticks  Cheese cubes |
| **9**  +Rice Chex  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Graham cracker  Diced peaches | **10**  Blueberry bagel w/butter  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Saltines  Raspberry yogurt | **11**  +Kix  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Flatbread  Sliced cheddar | **12**  Bran muffin  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Diced pears  Cereal snack mix | **13**  +Blueberry-peach oatmeal  ~~~~~~~~~~~~~~~~~~~~~~  Triscuits  Cucumber slices & ranch |
| **16**  +Whole wheat flakes  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Wheat thins  String cheese | **17**  +Wheat bagel w/cream cheese  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Vanilla yogurt with  Granola | **18**  +Toasted oats  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Soft pretzel  Applesauce | **19**  Rice Crispies  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  +Whole wheat pita pizza with  Cheese | **20**  +Apple oatmeal  ~~~~~~~~~~~~~~~~~~~~~~  +Soft breadsticks  Cheese cubes |
| **23**  +Rice Chex  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Graham cracker  Diced peaches | **24**  Blueberry bagel w/butter  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Saltines  Blueberry yogurt | **25**  +Kix  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Flatbread  Sliced cheddar | **26**  Bran muffin  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Diced pears  Cereal snack mix | **27**  +Blueberry-peach oatmeal  ~~~~~~~~~~~~~~~~~~~~~~  Triscuits  Cucumber slices & ranch |
| **30**  CLOSED FOR MEMORIAL DAY | **31**  +Whole wheat flakes  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Wheat thins  String cheese |  |  | *Age-appropriate milk must be served with breakfast* |

+Whole grain



May 2022 Lunch

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| **2**  Chicken Alfredo with tri-color pasta  (V) Tri-color pasta alfredo  Salad  Fresh fruit | **3**  (V) Quiche  Peas  Whole wheat bread/butter\*  Fresh fruit | **4**  Spaghetti & meat sauce\*  (V) Spaghetti & tomato sauce w/ soy #^  Grated cheese  Spinach salad  Fresh fruit | **5**  Chicken leg w/ buttermilk gravy  (V) Picadillo^  Zucchini & yellow squash  Whole wheat bread/butter \*  Fresh fruit | **6**  Turkey taco w/whole wheat  Tortilla\*  (V) Beans & brown rice burrito\*^  Corn  Grated cheese  Fresh fruit |
| **9**  Power veggie beef & chicken stew  (V) Black bean tortilla soup^  Spinach salad  Whole wheat bread/butter\*  Fresh fruit | **10**  Turkey meatloaf  (V) French lentils w/ thyme^  Mashed sweet potatoes  Whole wheat bread/butter\*  Fresh fruit | **11**  Dirty brown rice with beef\*  (V) Dirty brown rice^  Apple coleslaw  Fresh fruit | **12**  Bean, corn, & chicken quesadilla  (V) Bean, corn & cheese quesadilla  With whole wheat tortilla \*  Green Beans  Fresh fruit | **13**  (V) Lasagna  Tossed salad  Fresh fruit |
| **16**  Whole wheat ziti with chicken \*  (V) Lentil penne & tomato sauce w/ soy \*#^  Grated cheese  Tossed salad  Fresh fruit | **17**  Chicken chili  (V) Veg out chili^  Broccoli & cheese salad  Whole wheat bread/butter\*  Fresh fruit | **18**  (V) Ravioli w/olive oil, tomato sauce & fresh basil  Peas  Fresh fruit | **19**  Hamburger slider  (V) Black bean burger #^  Bean medley  \*Whole wheat roll  Fresh fruit | **20**  BBQ chicken leg  (V) Mushroom stroganoff ^  California blend vegetables  \*Whole wheat bread/butter  Fresh fruit |
| **23**  Turkey sloppy joe  (V) Vegetarian sloppy joe ^  Corn & edamame  \*Whole wheat roll  Fresh fruit | **24**  (V) Whole grain cheese melt \*  Tomato alphabet soup  Fresh fruit | **25**  Shepherd’s Pie  (V) Chickpea curry with potatoes^  Pineapple/mango coleslaw  \*Whole wheat bread/butter  Fresh fruit | **26**  Maryland-style chicken  (V) Broccoli & cheddar quinoa w/brown rice \*  Sugar snaps & carrots  \*Whole wheat bread/butter  Fresh fruit | **27**  (V) Whole wheat macaroni & cheese\*  Mixed vegetables  Fresh fruit |
| **30**  CLOSED FOR MEMORIAL DAY | **31**  Whole wheat Turk-a-roni\*  (V) White bean mushroom soup^  Grated cheese  Southwest salad  Fresh fruit |  | *Age-appropriate milk must be served with lunch* | *Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe.*  *This institution is an equal opportunity provider* |

(V) Vegetarian meal \*Whole grain

#Gluten free ^Vegan