 May 2022 Breakfast & snack

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| **2**+Whole wheat flakesFresh fruit~~~~~~~~~~~~~~~~~~~~~~Wheat thinsString cheese | **3**+Wheat bagel w/cream cheeseFresh fruit~~~~~~~~~~~~~~~~~~~~~~Vanilla yogurt withGranola | **4**+Toasted oatsFresh fruit~~~~~~~~~~~~~~~~~~~~~~Soft pretzelApplesauce | **5**Rice CrispiesFresh fruit~~~~~~~~~~~~~~~~~~~~~~+Whole wheat pita pizza withCheese | **6**+Apple oatmeal~~~~~~~~~~~~~~~~~~~~~~+Soft breadsticksCheese cubes |
| **9**+Rice ChexFresh fruit~~~~~~~~~~~~~~~~~~~~~~Graham crackerDiced peaches | **10**Blueberry bagel w/butterFresh fruit~~~~~~~~~~~~~~~~~~~~~~Saltines Raspberry yogurt | **11**+KixFresh fruit~~~~~~~~~~~~~~~~~~~~~~FlatbreadSliced cheddar  | **12**Bran muffinFresh fruit~~~~~~~~~~~~~~~~~~~~~~Diced pears Cereal snack mix | **13**+Blueberry-peach oatmeal~~~~~~~~~~~~~~~~~~~~~~Triscuits Cucumber slices & ranch |
| **16**+Whole wheat flakesFresh fruit~~~~~~~~~~~~~~~~~~~~~~Wheat thinsString cheese | **17**+Wheat bagel w/cream cheeseFresh fruit~~~~~~~~~~~~~~~~~~~~~~Vanilla yogurt withGranola | **18**+Toasted oatsFresh fruit~~~~~~~~~~~~~~~~~~~~~~Soft pretzelApplesauce | **19**Rice CrispiesFresh fruit~~~~~~~~~~~~~~~~~~~~~~+Whole wheat pita pizza withCheese | **20**+Apple oatmeal~~~~~~~~~~~~~~~~~~~~~~+Soft breadsticksCheese cubes |
| **23**+Rice ChexFresh fruit~~~~~~~~~~~~~~~~~~~~~~Graham crackerDiced peaches | **24**Blueberry bagel w/butterFresh fruit~~~~~~~~~~~~~~~~~~~~~~Saltines Blueberry yogurt | **25**+KixFresh fruit~~~~~~~~~~~~~~~~~~~~~~FlatbreadSliced cheddar  | **26**Bran muffinFresh fruit~~~~~~~~~~~~~~~~~~~~~~Diced pears Cereal snack mix | **27**+Blueberry-peach oatmeal~~~~~~~~~~~~~~~~~~~~~~Triscuits Cucumber slices & ranch |
| **30**CLOSED FOR MEMORIAL DAY | **31**+Whole wheat flakesFresh fruit~~~~~~~~~~~~~~~~~~~~~~Wheat thinsString 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 alfredoSaladFresh fruit  | **3**(V) Quiche Peas Whole wheat bread/butter\*Fresh fruit  | **4**Spaghetti & meat sauce\* (V) Spaghetti & tomato sauce w/ soy #^Grated cheese Spinach saladFresh fruit  | **5**Chicken leg w/ buttermilk gravy(V) Picadillo^ Zucchini & yellow squashWhole 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 coleslawFresh fruit  | **12**Bean, corn, & chicken quesadilla(V) Bean, corn & cheese quesadillaWith whole wheat tortilla \*Green BeansFresh fruit  | **13**(V) Lasagna Tossed saladFresh fruit  |
| **16**Whole wheat ziti with chicken \*(V) Lentil penne & tomato sauce w/ soy \*#^Grated cheese Tossed saladFresh fruit | **17**Chicken chili (V) Veg out chili^Broccoli & cheese saladWhole 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/butterFresh 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