



# May 2020 Breakfast & Snacks



| Monday   | Tuesday  | Wednesday  | Thursday   | Friday   |
|--|--|--|--|--|
|  |  |  |  | <b>1</b><br>+Blueberry-peach oatmeal<br>~~~~~<br>Triscuits<br>Cucumber slices & ranch  |
| <b>4</b><br>+Whole wheat flakes<br>Fresh fruit<br>~~~~~<br>Wheat thins<br>String cheese  | <b>5</b><br>+Wheat bagel w/cream cheese<br>Fresh fruit<br>~~~~~<br>Vanilla yogurt with<br>Granola  | <b>6</b><br>+Cheerios<br>Fresh fruit<br>~~~~~<br>Soft pretzel<br>Applesauce              | <b>7</b><br>Rice Crispies<br>Fresh fruit<br>~~~~~<br>+Whole wheat pita pizza with<br>Cheese  | <b>8</b><br>+Apple oatmeal<br>~~~~~<br>+Soft breadsticks<br>Cheese cubes               |
| <b>11</b><br>+Rice Chex<br>Fresh fruit<br>~~~~~<br>Graham cracker<br>Diced peaches       | <b>12</b><br>Cinnamon bagel w/butter<br>Fresh fruit<br>~~~~~<br>Saltines<br>Cherry/vanilla yogurt  | <b>13</b><br>+Kix<br>Fresh fruit<br>~~~~~<br>Flatbread<br>Sliced cheddar                 | <b>14</b><br>Bran muffin<br>Fresh fruit<br>~~~~~<br>Diced pears<br>Cereal snack mix          | <b>15</b><br>+Blueberry-peach oatmeal<br>~~~~~<br>Triscuits<br>Cucumber slices & ranch |
| <b>18</b><br>+Whole wheat flakes<br>Fresh fruit<br>~~~~~<br>Wheat thins<br>String cheese | <b>19</b><br>+Wheat bagel w/cream cheese<br>Fresh fruit<br>~~~~~<br>Vanilla yogurt with<br>Granola | <b>20</b><br>+Cheerios<br>Fresh fruit<br>~~~~~<br>Soft pretzel<br>Applesauce             | <b>21</b><br>Rice Crispies<br>Fresh fruit<br>~~~~~<br>+Whole wheat pita pizza with<br>Cheese | <b>22</b><br>+Apple oatmeal<br>~~~~~<br>+Soft breadsticks<br>Cheese cubes              |
| <b>25</b><br>Closed for Memorial<br>Day  | <b>26</b><br>+Rice Chex<br>Fresh fruit<br>~~~~~<br>Graham cracker<br>Diced peaches                 | <b>27</b><br>Cinnamon bagel w/butter<br>Fresh fruit<br>~~~~~<br>Saltines<br>Peach yogurt | <b>28</b><br>+Kix<br>Fresh fruit<br>~~~~~<br>Flatbread<br>Sliced cheddar                     | <b>29</b><br>Bran muffin<br>Fresh fruit<br>~~~~~<br>Diced pears<br>Cereal snack mix    |

+Whole grain



# May 2020



## Lunch



| Monday   | Tuesday  | Wednesday  | Thursday   | Friday   |
|--|--|--|--|--|
| <p>~This menu is designed for children age 12+ months<br/>Age appropriate milk must be served with lunch</p>   | <p>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.<br/>This institution is an equal opportunity provider</p> |  |  | <p><b>1</b><br/>Turkey taco w/whole wheat Tortilla*<br/>(V) Beans &amp; brown rice burrito*<br/>Corn<br/>Grated cheese<br/>Fresh fruit</p>       |
| <p><b>4</b><br/>Power veggie beef &amp; chicken stew<br/>(V) Black bean tortilla soup^<br/>Spinach salad<br/>Whole wheat bread/butter*<br/>Fresh fruit</p> | <p><b>5</b><br/>Turkey meatloaf<br/>(V) French lentils w/ thyme^<br/>Mashed sweet potatoes<br/>Whole wheat bread/butter*<br/>Fresh fruit</p>   | <p><b>6</b><br/>Dirty brown rice with beef*<br/>(V) Dirty brown rice^<br/>Apple coleslaw<br/>Fresh fruit</p>   | <p><b>7</b><br/>Bean, corn, &amp; chicken quesadilla<br/>(V) Bean, corn &amp; cheese quesadilla<br/>With whole wheat tortilla *<br/>Green Beans<br/>Fresh fruit</p>          | <p><b>8</b><br/>(V) Lasagna<br/>Tossed salad<br/>Fresh fruit</p>   |
| <p><b>11</b><br/>Whole wheat ziti with chicken *<br/>(V) Lentil penne &amp; tomato sauce w/ soy *#^<br/>Grated cheese<br/>Tossed salad<br/>Fresh fruit</p> | <p><b>12</b><br/>Chicken chili<br/>(V) Veg out chili^<br/>Broccoli &amp; cheese salad<br/>Whole wheat bread/butter*<br/>Fresh fruit</p>  | <p><b>13</b><br/>(V) Ravioli w/olive oil, tomato sauce &amp; fresh basil<br/>Peas<br/>Fresh fruit</p>  | <p><b>14</b><br/>Hamburger slider<br/>(V) Black bean burger #^<br/>Bean medley<br/>*Whole wheat roll<br/>Fresh fruit</p>   | <p><b>15</b><br/>BBQ chicken leg<br/>(V) Mushroom stroganoff ^<br/>California blend vegetables<br/>*Whole wheat bread/butter<br/>Fresh fruit</p> |
| <p><b>18</b><br/>Turkey sloppy joe<br/>(V) Vegetarian sloppy joe ^<br/>Corn &amp; edamame<br/>*Whole wheat roll<br/>Fresh fruit</p>                        | <p><b>19</b><br/>(V) Whole grain cheese melt *<br/>Tomato alphabet soup<br/>Fresh fruit</p>  | <p><b>20</b><br/>Shepherd's Pie<br/>(V) Chickpea curry with potatoes^<br/>Pineapple/mango coleslaw<br/>*Whole wheat bread/butter<br/>Fresh fruit</p> | <p><b>21</b><br/>Maryland-style chicken<br/>(V) Broccoli &amp; cheddar quinoa w/brown rice *<br/>Sugar snaps &amp; carrots<br/>*Whole wheat bread/butter<br/>Fresh fruit</p> | <p><b>22</b><br/>(V) Whole wheat macaroni &amp; cheese*<br/>Mixed vegetables<br/>Fresh fruit</p>   |
| <p><b>25</b><br/><br/>Closed For<br/>Memorial Day</p>  | <p><b>26</b><br/>Whole wheat Turk-a-roni*<br/>(V) White bean mushroom soup^<br/>Grated cheese<br/>Southwest salad<br/>Fresh fruit</p>  | <p><b>27</b><br/>(V) Whole grain pizza*<br/>Garden salad<br/>Fresh fruit</p>   | <p><b>28</b><br/>(V) Spinach manicotti<br/>Winter blend vegetables<br/>Whole wheat bread/butter*<br/>Fresh fruit</p>   | <p><b>29</b><br/>(V) Beans &amp; Brown rice^<br/>Tossed salad<br/>Tortilla*<br/>Fresh fruit</p>  |

(V) Vegetarian meal

#Gluten free

+Whole wheat

^Vegan