



## Breakfast & Snack - May, 2019

		5/1 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	5/2 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	5/3 +Blueberry-peach oatmeal ~~~~~ Whole wheat pita bread Cucumber slices
5/6 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	5/7 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	5/8 +Cheerios Fresh fruit ~~~~~ Soft pretzel Applesauce	5/9 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese	5/10 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes
5/13 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	5/14 Cinnamon bagel w/butter Fresh fruit ~~~~~ Saltines Strawberry/banana yogurt	5/15 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	5/16 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	5/17 +Blueberry-peach oatmeal ~~~~~ Whole wheat pita bread Cucumber slices
5/20 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	5/21 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	5/22 +Cheerios Fresh fruit ~~~~~ Soft pretzel Applesauce	5/23 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese	5/24 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes
5/27 ***** CLOSED FOR MEMORIAL DAY *****	5/28 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	5/29 Cinnamon bagel w/butter Fresh fruit ~~~~~ Saltines Cherry/vanilla yogurt	5/30 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	5/31 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix

+ Whole grain



## Lunch – May, 2019

<p><i>~This menu is designed for children age 12+ months</i></p>	<p><i>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</i></p>	<p>5/1 Shepherd's Pie Pineapple/mango cole slaw +Whole wheat bread/butter Fresh fruit</p>	<p>5/2 Maryland-style chicken Sugar snaps &amp; carrots +Whole wheat bread/butter Fresh fruit</p>	<p>5/3 +*Whole wheat macaroni &amp; cheese Mixed vegetables Fresh fruit</p>
<p>5/6 +Whole wheat Turk-a-roni Grated cheese Southwest salad Fresh fruit</p>	<p>5/7 +*Whole grain pizza Garden salad Fresh fruit</p>	<p>5/8 Chicken patty Tuscan bean and garlic soup + Whole wheat bread/butter Fresh fruit</p>	<p>5/9 *Spinach manicotti Winter blend vegetables +Whole wheat bread/butter Fresh fruit</p>	<p>5/10 *Beans &amp; Brown rice Tossed salad +Tortilla Fresh fruit</p>
<p>5/13 Chicken Alfredo with tri-color pasta Salad Fresh fruit</p>	<p>5/14 *Broccoli quiche Peas +Whole wheat bread/butter Fresh fruit</p>	<p>5/15 +Spaghetti &amp; meat sauce Grated cheese Spinach salad Fresh fruit</p>	<p>5/16 Chicken leg w/ buttermilk gravy Zucchini &amp; yellow squash +Whole wheat bread/butter Fresh fruit</p>	<p>5/17 +Turkey taco w/whole wheat tortilla Corn Grated cheese Fresh fruit</p>
<p>5/20 Power veggie beef &amp; chicken stew Spinach salad +Whole wheat bread/butter Fresh fruit</p>	<p>5/21 Turkey meatloaf Mashed sweet potatoes +Whole wheat bread/butter Fresh fruit</p>	<p>5/22 +Dirty brown rice with beef, vegetables,quinoa and farrow Apple cole slaw Fresh fruit</p>	<p>5/23 Black bean, corn, &amp; chicken quesadilla +With whole wheat tortilla Green Beans Fresh fruit</p>	<p>5/24 *Lasagna Tossed salad Fresh fruit</p>
<p>5/27 ***** CLOSED FOR MEMORIAL DAY *****</p>	<p>5/28 +Whole wheat ziti with chicken sausage &amp; tomato sauce, and baby kale Grated cheese Tossed salad Fresh fruit</p>	<p>5/29 Chicken chili Broccoli &amp; cheese salad +Whole wheat bread/butter Fresh fruit</p>	<p>5/30 *Ravioli w/olive oil, tomato sauce &amp; fresh basil Peas Fresh fruit</p>	<p>5/31 BBQ chicken leg California blend vegetables +Whole wheat bread/butter Fresh fruit</p>

\*Vegetarian meal

+Whole grain



## Vegetarian lunch – May, 2019

		5/1 #^Picadillo Pineapple/Mango Coleslaw +Whole wheat bread/butter Fresh fruit	5/2 +#Broccoli & cheddar quinoa w/brown rice Sugar snaps & carrots +Whole wheat bread/butter Fresh fruit	5/3 +Whole wheat macaroni & cheese Mixed vegetables Fresh fruit
5/6 Cheese tortellini w/olive oil & basil Grated cheese Spinach salad Fresh fruit	5/7 +Whole wheat pizza Garden salad Fresh fruit	5/8 Veggie nuggets Tuscan bean and garlic soup +Whole wheat bread/butter Fresh fruit	5/9 Spinach manicotti Carrots +Whole wheat bread/butter Fresh fruit	5/10 +#Beans & Brown rice Tossed salad Tortilla Fresh fruit
5/13 Tri-color pasta alfredo Salad Fresh fruit	5/14 Quiche – plain or broccoli Peas +Whole wheat bread /butter Fresh fruit	5/15 +#^Lentil penne & tomato sauce w/ soy Grated cheese Spinach salad Fresh fruit	5/16 Chix patty Zucchini & yellow squash +Whole wheat bread/butter Fresh fruit	5/17 +^Black bean and brown rice burrito w/whole wheat tortilla Corn Grated cheese Fresh fruit
5/20 #Cheese omelette Spinach salad +Whole wheat bread/butter Fresh fruit	5/21 #^French Lentils W/ Thyme Mashed sweet potatoes +Whole wheat bread/butter Fresh fruit	5/22 +#Vegetarian dirty brown rice with cheese, vegetables, quinoa & farrow Apple cole slaw Fresh fruit	5/23 Black bean, corn, & cheese quesadilla +With whole wheat tortilla Green beans Fresh fruit	5/24 Lasagna Tossed salad Fresh fruit
5/27 ***** CLOSED FOR MEMORIAL DAY *****	5/28 ^Teriyaki patty Grated cheese Tossed salad Fresh fruit	5/29 #^Vegetarian chili Broccoli & cheese salad +Whole wheat bread/butter Fresh fruit	5/30 Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	5/31 Quinoa, couscous, and parmesan California blend vegetables +Whole wheat bread/butter Fresh fruit

+Whole grain

# Entrée is Gluten Free

^ Entrée is Vegan