

May-2021

Breakfast: 1-2 3-5 6-12
 Milk 1/2 c 3/4 c 1 c
 Fruit, Veg or both 1/4 c 1/2 c 1/2 c
 Grains/Breads 1/2 oz eq 1/2 oz eq 1 oz eq
 Dry Cereal 1 oz
 Meat/Meat Alt. 1/2 oz 1/2 oz 1 oz
 *Select 2 of the 5 components

Lunch: 1-2 3-5 6-12
 Milk 1/2 c 3/4 c 1 c
 Grains/Breads 1/2 oz eq 1/2 oz eq 1 oz eq
 Pasta/Noodles 1/4 c
 Fruit 1/8 c 1/4 c 1/4 c
 Vegetables 1/8 c 1/8 c 1/2 c
 Meat/Meat Alt. 1 oz. 1.5 oz. 2 oz.

PM Snack: 1-2 3-5 6-12
 Milk 1/2 c 1/2 c 1 c
 Fruit 1/2 c 1/2 c 1/2 c
 Vegetable 1/2 c 1/2 c 3/4 c
 Grains/Breads 1/2 oz eq 1/2 oz eq 1 oz eq
 Meat/Meat Alt. 1/2 oz 1/2 oz 1 oz
 *Select 2 of the 5 components

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
BR - Muffins/Oranges/Milk	BR - English Muffin/Blueberries/Milk	BR - French Toast Sticks/Apples/Milk	BR - Bagels with Strawberry Cream Cheese/Bananas/Milk	BR - Toast with Butter/Oranges/Milk
LN - Ham and Cheese on WW/Pickles/Pears/Milk	LN - Mini Meatballs/WW Roll/Applesauce/Salad/Milk	LN - Sloppy Jo's on WW Bun/Pineapple/Green Beans/Milk	LN - Chicken Quesadillas/Peaches/Celery/Milk	LN - Turkey and Cheese Pinwheels/Carrots/Mandarin Oranges/Milk
SN - Buttery Round Crackers/Milk	SN - Graham Crackers/Milk	SN - PB Crackers/Milk	SN - Jello Cups/Saltine Crackers/Milk	SN - Chocolate Animal Crackers/Milk
10	11	12	13	14
BR - Muffins/Apples/Milk	BR - Toast with Jelly/Oranges/Milk	BR - Cheerios/Bananas/Milk	BR - WG Waffles/Oranges/Milk	BR - Blueberry/Chocolate Chex Cereal/Apple Juice
LN - Roast Beef and Cheese Pinwheels/Cucumbers/Peaches/Milk	LN - PB Jelly Wraps/Celery with Ranch/Mandarin Oranges/Milk	LN - Chicken Tenders/Applesauce/Corn/WW Roll/Milk	LN - Turkey and Cheese on WW/Celery/Pineapple/Milk	LN - Beef Nachos/Mandarin Oranges/Green Pepper/Whole Wheat Roll/Milk
SN - Goldfish/Milk	SN - Apples/Cheese Sticks/Milk	SN - PB Crackers/Apple Juice	SN - Animal Crackers/Milk	SN - Pretzels/Milk
17	18	19	20	21
BR - Muffins/Apples/Milk	BR - Chex Cereal/Oranges/Milk	BR - Bagels with Cream Cheese/Strawberries/Milk	BR - WG Waffles/Oranges/Milk	BR - Apple Cheerios/Blueberries/Milk
LN - PB Banana Roll Ups/Pears/Cucumbers/Milk	LN - Tacos/Salad/Pineapple/Milk	LN - Stouffers Mac n Cheese/Baked Beans/WW Roll/Applesauce/Green Beans/Milk	LN - Hot Dog on WW/Pears/Green Beans/Milk	LN - Turkey and Cheese on WW/Celery/Peaches/Milk
SN - Graham Crackers/Milk	SN - Chips and Salsa/Milk	SN - Crackers/String Cheese/Milk	SN - Buttery Round Cackers/Milk	SN - Pretzels/Milk
24	25	26	27	28
BR - Muffins/Oranges/Milk	BR - French Toast Sticks/Apples/Milk	BR - Berry Cheerios/Blueberries/Milk	BR - WG Waffles/Oranges/Milk	BR - Toast/Strawberries/Milk
LN - Mini Meat Balls/Salad/Pears/WW Roll Milk	LN - Ham and Cheese Pinwheels/Cucumbers/Peaches/Milk	LN - PB Banana Roll ups/Yogurt/String Cheese/Carrots/Milk	LN - Turkey and Cheese on WW/Celery/Pineapple/Milk	LN - Beef Nachos/Mandarin Oranges/Green Pepper/Whole Wheat Roll/Milk
SN - Graham Crackers/Milk	SN - Goldfish/Milk	SN - Pretzels/Milk	SN - Chips/Salsa/Milk	SN - PBJ Crackers/Milk
31			1	31
BR - NO SCHOOL	BR -	BR -	BR -	BR -
LN - NO SCHOOL	LN -	LN -	LN -	LN -
SN - NO SCHOOL	SN -	SN -	SN -	SN -

Menu is subject to change.

This institution is an equal opportunity provider.

Whole Milk = Children under 24 months
 Skim Milk = Children over 24 months
 WG = Whole Grain / WW = Whole Wheat