

May 2024 Menu

ALLERGIES:

Please Avoid Nuts of Any Kind

Milk is served w/ Breakfast & Lunch

Children under 2yrs: Whole Milk

Children over 2yrs: Non-Fat Milk

Water is served with PM snacks

Tropical Fruit consists of:

Pineapple, Guava and Papaya

TODDLER SNACK:

Bread/Cereal: 1/2 slice or 1/4 cup

Protein: 1/2 oz or 1/4 cup

Milk: 1/2 cup or 4 oz

Fruit/Veg: 1/2 cup

TODDLER BREAKFAST/LUNCH

Bread/Cereal: 1/2 slice or 1/4 cup

Protein: 1 oz or 1/4 cup

Milk: 1/2 cup or 4 oz

Fruit/Veg: 1/4 cup

PRESCHOOL SNACK:

Bread/Cereal: 1/2 slice or 1/4 cup

Protein: 1/2 oz or 1/4 cup

Milk: 1/2 cup or 4 oz

Fruit/Veg: 1/2 cup

PRESCHOOL BREAK./LUNCH:

Bread/Cereal: 1/2 slice or 1/4 cup

Protein: 1.5 oz or 3/4 cup

Milk: 3/4 cup or 6 oz

Fruit/Veg: 1/2 cup

WGR = Whole Grain Rich

MMA =

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Sunbutter Oats Breakfast Bar (WGR) Fruit Milk Ground Beef Dirty Rice (WGR) V: Beyond Meat Dirty Rice Vegetable Medley Bananas Milk Snapea Crisps Cantaloupe	2 Baked Oats w/Peaches Milk Vegan Pasta Bolognese (WGR) Melon Milk English Muffin & Cream Cheese Apple Slices	3 Carrot Raisin Bread (WGR) Fruit Milk Chicken Taco w/Carrot Relish (WGR) V: Vegan Taco w/carrot Relish Fruit Medley Milk Turkey & Cheese on Wheat Applesauce
6 Whole Bagel (WGR) TBA Fruit Milk Minestrone Soup (WGR) Watermelon Milk Hippeas & Guacamole Apples	7 Overnight Oats (WGR) Fruit Milk Beef & Vegetable Stir Fry (WGR) V: Tofu & Vegetable Stir Fry Orange Slices Milk String Cheese, Club Crackers Blueberries	8 Pumpkin Pie Breakfast Bar (WGR) Milk Sweet & Sour Chicken w/Rice (WGR) V: Sweet & Sour Tofu w/Veggies & Rice Vegetable Medley Bananas Milk Rice Cakes Cantaloupe	9 Whole Grain Oat Donut (WGR) TBA Fruit Milk Turkey Picadillo (WGR) V: Vegetable Picadillo Honeydew Milk Yogurt (A: Coconut Yogurt), Graham Crackers Apples	10 Banana Bread (WGR) Fruit Milk Turkey Lasagna (WGR) V: Vegetarian Lasagna Fruit Medley Milk Strawberry Preserves & Sunbutter on Wheat Applesauce
13 Corn Flakes or Cherrios Cereal Fruit Milk Vegetarian Tortilla Enchilada Watermelon Milk Cheese Slices, Turkey Slices, Club Crackers Honeydew Melon	14 English Muffin w/Turkey Sausage (MMA) Fruit Milk Spaghetti w/Turkey Ragù V: Spaghetti w/Beyond Meat Ragù Orange Slices Milk Pita & Hummus Blueberries	15 Sunbutter Oats Breakfast Bar (WGR) Fruit Milk Chicken & Broccoli w/Rice (WGR) V: Tofu & Broccoli w/Rice Bananas Milk Corn Chex Cantaloupe	16 Baked Oats w/Peaches Milk Turkey Meatloaf w/pasta Salad (WGR) V: Meatless Meatloaf Peas & Carrots Honeydew Milk Rice Cakes Apple Slices	17 Carrot Raisin Bread (WGR) Fruit Milk Chicken Yakisoba (WGR) V: Vegan Yakisoba Fruit Medley Milk Pizza Muffins & Pineapple (English Muffin, Tomato Sauce, Turkey Pepperoni, Cheese)
20 Whole Bagel (WGR) TBA Fruit Milk Chicken Noodle Soup (WGR) V: Veggie Noodle Soup Watermelon Milk Pretzels & Mustard Honeydew	21 Overnight Oats (WGR) Fruit Milk Chicken Fajita Bowl (WGR) V: Vegan Fajita Bowl Orange Slices Milk Hippeas & Guacamole Blueberries	22 Pumpkin Pie Breakfast Bar (WGR) Milk Teriyaki Chicken & Rice (WGR) V: Teriyaki Tofu & Rice Vegetable Medley Bananas Milk String Cheese, Club Crackers Cantaloupe	23 Whole Grain Oat Donut (WGR) TBA Fruit Milk BBQ Chicken (WGR) V: Vegan BBQ Honey Lemon Carrots Honeydew Melon Milk Yogurt (A: Coconut Yogurt), Graham Crackers Apples	24 Banana Bread (WGR) Fruit Milk Beef Taco w/Carrot Relish (WGR) V: Vegan Taco w/carrot Relish Fruit Medley Milk Black Beans, Tortilla Chips, Salsa Pineapple
27 <div style="text-align: center; font-weight: bold; font-size: 1.2em;">CLOSED</div>	28 English Muffin w/Turkey Sausage (MMA) Fruit Milk Chicken Vegetable Stew (WGR) V: Vegan Stew Dinner Rolls Orange Slices Milk Cheese Quesadillas Blueberries	29 Sunbutter Oats Breakfast Bar (WGR) Fruit Milk Beef Goulash (WGR) V: Vegan Goulash Cantaloupe Milk Pirates Booty Strawberries	30 Baked Oats w/Peaches Milk Turkey Fried Rice (WGR) V: Tofu Fried Rice Vegetable Medley Honeydew Milk Snapea Crisps Oranges	31 Carrot Raisin Bread (WGR) Fruit Milk Beef Dan Dan Noodle (WGR) V: Vegan Dan Dan Noodle Fruit Medley Milk Turkey & Cheese on Wheat Applesauce

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