

Week six -- May 2-6	Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Breakfast</u> <i>Must include one serving of each of these three items:</i></p> <ul style="list-style-type: none"> • Grain/Meat or meat Alternate • Fruit or vegetable • Milk 	Graham Crackers	Sausage Gravy over Toast	Waffles	Cinnamon toast	Yogurt
	Mand. Oranges	Pineapples	Bananas	Applesauce	Strawberries
	1 % Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk
<p><u>Lunch</u> <i>Must include one serving of each of these five items:</i></p> <ul style="list-style-type: none"> • Meat or meat alternate • Grain • Fruit or vegetable • Vegetable • Milk 	Italian Pepperoni Salad	Chicken Taquitos	Cheese Ravioli	Beef and Cheese Nachos	Ham and Cheese Grilled Sandwich
	Rotini Pasta	Tortilla shells	(Noodles)	(Tortill Chips)	(Bread)
	Peaches	Mixed Fruit	Pears	Pineapple	Apples
	Broccoli	Celery	Green Beans	Mixed Vegetables	Carrot Sticks w/ ranch
	1 % Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk
<p><u>Snack</u> <i>Must include one serving of two items in the following list:</i></p> <ul style="list-style-type: none"> • Milk • Grain • Vegetable • Fruit /Juice • Meat or meat alternate 	Nilla Wafers	Veggie Straws	ritz	Cinnamon Pretzels	Granola Bars
	Raisins	Cucumbers		Juice	Craisins
			String Cheese		

Water is available at all meals. At breakfast and lunch, it will be available after the milk is served. For snack, if no beverage is listed, water will be offered with the snack.

Note about our meats: All beef and poultry are cooked from fresh on-site. Pork, fish and luncheon meat products may be pre-cooked. Meat alternates include items such as eggs, cheese, yogurt, or dry cooked beans.

Week seven May 9-13	Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Breakfast</u> <i>Must include one serving of each of these three items:</i></p> <ul style="list-style-type: none"> • <i>Grain/Meat or meat Alternate</i> • <i>Fruit or vegetable</i> • <i>Milk</i> 	Cereal	Coffee Cake	Scrambled Eggs	Toast w/ Jelly	Bagels
	Craisins	Raisins	Peaches	Apples	Bananas
	1 % Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk
<p><u>Lunch</u> <i>Must include one serving of each of these five items:</i></p> <ul style="list-style-type: none"> • <i>Meat or meat alternate</i> • <i>Grain</i> • <i>Fruit or vegetable</i> • <i>Vegetable</i> • <i>Milk</i> 	Beef Shepards Pie	BLT Squares	Chicken Enchilla bake	Beef Hot Dogs	Turkey/Cheese Quesdilla
	Mashed Potatoes	Bread Crust	(Tortilla Shells)	Bread/Butter	(Tortilla Shell)
	Pears	Melon	Mand. Oranges	Pineapple	Grapes
	Green Beans	(Lettuce/Tomato) Cucumbers	Corn	Baked Beans	Pickles
	1 % Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk
<p><u>Snack</u> <i>Must include one serving of two items in the following list:</i></p> <ul style="list-style-type: none"> • <i>Milk</i> • <i>Grain</i> • <i>Vegetable</i> • <i>Fruit /Juice</i> • <i>Meat or meat alternate</i> 	1 % Milk	Pretzels	Ritz	1% Milk Rice Krispy Bars	Goldfish
	Nilla Vafers	Cheese	Pepperoni		Summer Sausage

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Week Eight -- May 16-20	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u> <i>Must include one serving of each of these three items:</i> <ul style="list-style-type: none"> • Grain/Meat or meat Alternate • Fruit or vegetable • Milk 	Yogurt	Sausage	Cereal	Pumpkin Bars	Graham Crackers
	Blueberries	Hashbrowns	Raisins	Applesauce	Craisins
	1 % Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk
<u>Lunch</u> <i>Must include one serving of each of these five items:</i> <ul style="list-style-type: none"> • Meat or meat alternate • Grain • Fruit or vegetable • Vegetable • Milk 	Beef Taco and Rice Bake (Rice)	Chicken Parmesean over Noodles (Spagetti Noodles)	Beef and Vegetable Soup Oyster Crackers	BBQ Chicken Roll ups (Tortilla Shell)	Grilled Cheese Sandwich (Bread)
	Mandarin Oranges	Peaches	Mixed Fruit	Apples	Oranges
	Green Beans	Broccoli	Mixed Vegetables	Carrot Sticks w/ Ranch	Tomato Soup
	1 % Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk
<u>Snack</u> <i>Must include one serving of two items in the following list:</i> <ul style="list-style-type: none"> • Milk • Grain • Vegetable • Fruit /Juice • Meat or meat alternate 	Chex Mix	Saltines	1% Milk Smores Bars	Granola Bars	Nilla Wafers
	Grapes	Cheese		Juice	Raisins

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Week Nine May 23-27	Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Breakfast</u> <i>Must include one serving of each of these three items:</i></p> <ul style="list-style-type: none"> • <i>Grain/Meat or meat Alternate</i> • <i>Fruit or vegetable</i> • <i>Milk</i> 	Cereal	Toast w/ Jelly	Bagels w/Cream Cheese	French Toast Sticks	Graham Crackers
	Craisins	Peaches	Grapes	Applesauce	Mixed Fruit
	1 % Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk
<p><u>Lunch</u> <i>Must include one serving of each of these five items:</i></p> <ul style="list-style-type: none"> • <i>Meat or meat alternate</i> • <i>Grain</i> • <i>Fruit or vegetable</i> • <i>Vegetable</i> • <i>Milk</i> 	Macaroni and Cheese (Macaroni Noodles)	Beef Tatortot casserole (Tator Tots)	Tuna melts (Bread)	Chicken Stir Fry (Rice)	Cheese/Pepperoni Quesdilla (Tortilla Shell)
	Applesauce	Pinapples	Carrots w/ ranch	Pears	Oranges
	Corn	Green Beans	Raisins	Stir Fry vegetables	Cucumbers
	1 % Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk
<p><u>Snack</u> <i>Must include one serving of two items in the following list:</i></p> <ul style="list-style-type: none"> • <i>Milk</i> • <i>Grain</i> • <i>Vegetable</i> • <i>Fruit /Juice</i> • <i>Meat or meat alternate</i> 	Oyster Crackers	1 % Milk	Tortilla Chips	Animal Crackers	Ritz Crackers
	Cheese	Fruit Squares	Cheese	Juice	Summer Sausage

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