

FROM THE HEART – MAY 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Breakfast: Kix, Fruit, Milk</p> <p>Lunch: <i>Spaghetti & Meatballs</i></p> <p>Meatballs, WG Pasta, Corn, Fruit, Milk</p> <p>Snack: Ritz, String Cheese</p>	<p>4</p> <p>Breakfast: Waffles, Fruit, Milk</p> <p>Lunch: <i>Chicken Alfredo</i></p> <p>Chicken, WG Pasta, Broccoli, Salad, Milk</p> <p>Snack: Graham Crackers, Milk</p>	<p>5</p> <p>Breakfast: Cheerios, Fruit, Milk</p> <p>Lunch: <i>Turkey Sandwich</i></p> <p>Sliced Turkey, WG Bread, Cole Slaw, Fruit, Milk</p> <p>Snack: Goldfish, 100% Juice</p>	<p>6</p> <p>Breakfast: Rice Chex, Fruit, Milk</p> <p>Lunch: <i>Taco</i></p> <p>Ground Turkey, Pinto Beans, Corn Tortilla, Fruit, Milk</p> <p>Snack: Animal Crackers, Milk</p>	<p>7</p> <p>Breakfast: Biscuits, Fruit</p> <p>Lunch: <i>Chicken Salad</i></p> <p>Chicken, Salad, WG Pita Bread, Fruit, Milk</p> <p>Snack: Yogurt, Granola</p>
<p>10</p> <p>Breakfast: Rice Krispies, Fruit, Milk</p> <p>Lunch: <i>BBQ Meatballs</i></p> <p>Meatballs, Mashed Potatoes, WG Dinner Roll, Fruit, Milk</p> <p>Snack: Goldfish, 100% Fruit Juice</p>	<p>11</p> <p>Breakfast: Kix, Fruit, Milk</p> <p>Lunch: <i>Asian Chicken Salad</i></p> <p>Chicken, Salad, WG Pita Bread, Fruit, Milk</p> <p>Snack: Cheese, Pretzels</p>	<p>12</p> <p>Breakfast: French Toast Sticks, Fruit, Milk</p> <p>Lunch: <i>Teriyaki Chicken</i></p> <p>Chicken, Brown Rice, Mixed Vegetables, Fruit, Milk</p> <p>Snack: Cheez Its, 100% Fruit Juice</p>	<p>13</p> <p>Breakfast: Rice Chex, Fruit, Milk</p> <p>Lunch: <i>Spaghetti</i></p> <p>Ground Turkey, WG Pasta, Mixed Vegetables, Salad, Milk</p> <p>Snack: Graham Crackers, Milk</p>	<p>14</p> <p>Breakfast: Life Cereal, Fruit, Milk</p> <p>Lunch: <i>BBQ Pulled Chicken</i></p> <p>Chicken, WG Bun, Baked Beans, Corn, Milk</p> <p>Snack: Chex Mix, 100% Fruit Juice</p>
<p>17</p> <p>Breakfast: WG Cheerios, Fruit, Milk</p> <p>Lunch: <i>Chicken Patty Sandwich</i></p> <p>Breaded Chicken, WG Bun, Carrots, Corn, Milk</p> <p>Snack: Yogurt, Granola</p>	<p>18</p> <p>Breakfast: Waffles, Fruit, Milk</p> <p>Lunch: <i>Chili</i></p> <p>Ground Turkey, Kidney Beans, WG Brown Rice, Fruit, Milk</p> <p>Snack: Animal Crackers, Milk</p>	<p>19</p> <p>Breakfast: Bagels, Fruit, Milk</p> <p>Lunch: <i>Hawaiian Chicken</i></p> <p>Chicken, WG Brown Rice, Mixed Vegetables, Fruit, Milk</p> <p>Snack: Wheat Thins, 100% Fruit Juice</p>	<p>20</p> <p>Breakfast: Corn Chex, Fruit, Milk</p> <p>Lunch: <i>Sloppy Joes</i></p> <p>Ground Turkey, WG Bun, Waffle Fries, Fruit, Milk</p> <p>Snack: Ritz, Cheese</p>	<p>21</p> <p>Breakfast: Pancakes, Fruit, Milk</p> <p>Lunch: <i>Chicken Cesar Salad</i></p> <p>Chicken, Salad, WG Pita Bread, Cucumber, Milk</p> <p>Snack: Goldfish, 100% Fruit Juice</p>
<p>24</p> <p>Breakfast: Biscuits, Fruit, Milk</p> <p>Lunch: <i>Meatball Sub</i></p> <p>Meatball, WG Sub Roll, Tater Tots, Cole Slaw, Milk</p> <p>Snack: Graham Crackers, Milk</p>	<p>25</p> <p>Breakfast: Corn Flakes, Fruits</p> <p>Lunch: <i>Turkey Sandwich</i></p> <p>Sliced Turkey, WG Bread, Fruit, Cucumber, Milk</p> <p>Snack: Yogurt, Granola</p>	<p>26</p> <p>Breakfast: French Toast, Fruit, Milk</p> <p>Lunch: <i>Penne Pasta</i></p> <p>Ground Turkey, Penne Pasta, Peas, Salad, Milk</p> <p>Snack: Pretzels, Cheese</p>	<p>27</p> <p>Breakfast: English Muffins, Fruit, Milk</p> <p>Lunch: <i>Burger Slider</i></p> <p>WG Bun, Waffle Fries, Fruit, Milk</p> <p>Snack: Cheez Its, 100% Juice</p>	<p>28</p> <p>Breakfast: Rice Chex, Fruit, Milk</p> <p>Lunch: <i>Chicken Taco</i></p> <p>Chicken, WG Corn Tortilla, Fruit, Pinto Beans, Milk</p> <p>Snack: Goldfish, 100% Juice</p>
<p>31</p>  <p>Memorial Day REMEMBER AND HONOR</p>	<p>This institution is an equal opportunity provider All Meals Provided by Teach, Learn, Change * Menu Subject to Change</p> 			

This menu follows the children's meal pattern minimum serving requirements set forth by the Child and Adult Food Program (CACFP) by serving the following portions:

Breakfast: grain - ½ serving bread or muffin or 1/3 cup dry cereal or ¼cup hot cereal; fruit or vegetable- ½cup; milk - ¾cup **1% plain milk**
Lunch: meat/meat alternate - 1½oz; grain - ½ serving bread or ¼cup cooked grain; vegetable - ¼cup; fruit - ¼cup; milk- ¾cup **1% plain milk**
Snack (two of the following): meat/meat alternate - ½oz; grain - ½ serving bread or ¼cup cooked grain; fruit or vegetable- ½cup; milk- ½cup **1% plain milk**
 *(WG) = Whole Grain