



2021 May Lunch & Snack Menu



Monday	Tuesday	Wednesday	Thursday	Friday
3 WGR Toasted Bagel, Tropical Fruit Salad, milk	4 Pancake w/ berry sauce, banana, milk	5 WGR Cheerios, Mangos, milk	6 Scrambled Eggs, hash brown, pears, milk	7 French Tst. Sticks, berries, milk
Ravioli in Marinara w/Meatballs, green beans, melon, milk	Pineapple Chicken, WGR rice, Peas, Pineapple, milk	Beef Quesadilla on WGR tortilla, corn, apple slices, milk	Chicken & Egg noodle soup, WGR pita bread, carrot sticks, blueberries, milk	Pulled pork n WGR Bun, potato wedges, applesauce, milk
Edamame, Pretzel Sticks	Breadstick w/marinara, green pepper slices	Yogurt, strawberries	Rice Cake w/sunbutter, mandarin oranges	HM Hummus, crackers
10 WGR English muffin, peaches, milk	11 Breakfast Burrito, pears, milk	12 Blueberry Muffin, Applesauce, milk	13 Rice Krispies, banana, milk	14 WGR Waffle, Strawberries, milk
HM mac & Cheese w/WGR pasta, roasted cauliflower, berries, milk	Stir fry chicken w/ WGR rice, broccoli, pineapple, milk	Meatball Sandwich on WGR bun, roasted mixed veggies, melon, milk	Vegetable wrap w/chicken in WGR tortilla, snap peas, orange slices, milk	Tortellini Vegetable soup, ham roll up, cornbread, grapes, milk
Croissant w/ cheese, cucumber slices	Mango Smoothie, pretzel sticks	Egg roll w/ soy sauce, kiwi	Cheesy French bread, red pepper slices	WGR goldfish crackers, string cheese
17 French tst. Sticks, applesauce, milk	18 Breakfast Muffin, mangos, milk	19 Croissant w/ sunbutter, banana, milk	20 Oatmeal, berries, milk	21 Pancake w/ berry sauce, turkey sausage, milk
Chicken in basil bechemel sauce over WGR pasta, green beans, pears, milk	Sloppy joe on WGR roll, sweet potato fries, apple slices, milk	Canadian Bacon & cheese pizza, roasted broccoli, fresh pineapple, milk	Quiche w/spinach & red pepper, turkey roll up, mandarin oranges, milk	Chili, whole wheat pita, corn, grapes, milk
Cottage cheese, pineapple	Warm pretzel, green pepper slices	WGR goldfish Crackers, cucumber slices	WGR toast w/ avocado slices	Crackers, kiwi
24 WGR Cinnamon raisin toast, plums, milk	25 WGR Cheerios, banana, milk	26 Breakfast burrito on WGR tortilla, pears, milk	27 WGR waffle, mandarin oranges, milk	28 Blueberry Muffin, Strawberries, milk
Asian chicken wrap in WGR tortilla, carrot sticks, fresh pineapple, milk	Chicken Noodle soup, corn bread, roasted mixed veggies, applesauce, milk	Cheeseburger on WGR roll, Potato wedges, orange slices, milk	Chicken Salad Sandwich on WGR bread, peas, apple slices, milk	Stir Fry Pork w/ WGR rice, broccoli, peaches, milk
Yogurt, blueberries, milk	Pretzel sticks, melon	WGR Goldfish crackers, string cheese	Bread stick, green pepper slices	HM Mango salsa, crackers
31 SCP Closed Memorial Day	The USDA is an equal opportunity employer "All milk served to participants 2 yrs. And older is unflavored, fat-free milk. Children 1 yr. are served unflavored whole milk."	WGR = whole grain HM = Home made	1&2 Year Old's (5 choices including milk) 1 oz meat/meat alternate 1/8 c fruit & 1/8 c veggie ½ slice bread alternate Milk-AM & PM Snacks 1/2 c 1&2 Year Old 1/2 c 3&4 Year Old' Lunch 1/2 c 1 &2 Year Old 3/4 c 3 & 4 Year Old	Lunch 3 & 4 Year Old's (5 choices including milk) 1 ½ oz meat/meat alternate ¼ c fruit and ¼ c vegetables ½ slice bread or bread alternate Morning & Pm Snack (2 Choices) 1/2 oz meat/meat alt. 1/2 c fruit or veggie – ½ slice bread or bread alt.