



Harvest of the month: BLUEBERRIES

May-19

	Monday	Tuesday	Wednesday 5/1/2019	Thursday 5/2/2019	Friday 5/3/2019
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk			MINI BAGEL W/ CREAM CHEESE ORANGE SLICES * MILK	ENRICHED CREAM OF WHEAT WARMED PEACHES * MILK	WHOLE WHEAT PANCAKE MANGO SLICES * MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk			BAKED SPAGHETTI WHOLE WHEAT GARLIC TOAST GREEN BEANS TOSSED SALAD * MILK	SHRIMP W/ FRIED BROWN RICE STEAMED CARROTS APPLE SLICES * MILK	HAM AND CHEESE WHOLE WHEAT PITA WRAP OVEN FRIES PEARS * MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk			WHOLE GRAIN CHEESE ITS PEAR HALVES WATER	WHOLE WHEAT CRACKERS CHEDDAR CHEESE CUBES WATER	ENRICHED ANIMAL CRACKERS *MILK
TWO COMPONENTS	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
	* One year olds are served Whole Milk. Two years old and older are served 1% or Fat Free Milk. Milk substitutes must have a medical statement.				



Harvest of the month: BLUEBERRIES

May-19

	Monday 5/6/2019	Tuesday 5/7/2019	Wednesday 5/8/2019	Thursday 5/9/2019	Friday 5/10/2019
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WHOLE WHEAT PANCAKES APRICOT HALVES * MILK <input type="checkbox"/> Whole Grain	LOWFAT YOGURT PEACHES * MILK <input type="checkbox"/> Whole Grain	ENRICHED CREAM OF WHEAT FRESH BLUEBERRIES * MILK <input type="checkbox"/> Whole Grain	WHOLE WHEAT CINNAMON TOAST APPLESAUCE *MILK <input type="checkbox"/> Whole Grain	TURKEY SAUSAGE HASHBROWN * MILK <input type="checkbox"/> Whole Grain
	LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	BARBEQUE CHICKEN WHOLE WHEAT ROLL BAKED SWEET POTATO GREEN BEANS * MILK <input type="checkbox"/> Whole Grain	HOMEMADE WHOLE WHEAT CHEESE PIZZA CUCUMBER SLICES W/ RANCH FRUIT COCKTAIL * MILK <input type="checkbox"/> Whole Grain	SLICED TURKEY WITH GRAVY WHOLE WHEAT ROLL YELLOW SQUASH PEARS * MILK <input type="checkbox"/> Whole Grain	BEEF & CHEESE LASAGNA WHOLE WHEAT NOODLES STEAMED CARROTS PINEAPPLE CHUNKS * MILK <input type="checkbox"/> Whole Grain
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	LOWFAT YOGURT ORANGE WEDGES WATER <input type="checkbox"/> Whole Grain	WHOLE GRAIN GOLDFISH 100% BERRY BERRY JUICE <input type="checkbox"/> Whole Grain	WHOLE GRAIN PITA CHIPS HUMMUS WATER <input type="checkbox"/> Whole Grain	WHOLE GRAIN PRETZEL KIWI WATER <input type="checkbox"/> Whole Grain	ENRICHED GRAHAM CRACKERS *MILK <input type="checkbox"/> Whole Grain
	<i>* One year olds are served Whole Milk. Two years old and older are served 1% or Fat Free Milk. Milk substitutes must have a medical statement.</i>				

	Monday 5/13/2019	Tuesday 5/14/2019	Wednesday 5/15/2019	Thursday 5/16/2019	Friday 5/17/19
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	SCRAMBLED EGGS W/ CHEESE HASHBROWNS *MILK <input type="checkbox"/> Whole Grain	WHOLE GRAIN KIX CEREAL 100% ORANGE JUICE * MILK <input type="checkbox"/> Whole Grain	ENRICHED GRITS BANANA SLICES * MILK <input type="checkbox"/> Whole Grain	WHOLE GRAIN ENGLISH MUFFIN APRICOT HALVES *MILK <input type="checkbox"/> Whole Grain	ENRICHED CREAM OF WHEAT STRAWBERRIES * MILK <input type="checkbox"/> Whole Grain
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	CHICKEN FAJITAS WHOLE WHEAT WRAP CUCUMBER ONION SALAD ZESTY CORN * MILK <input type="checkbox"/> Whole Grain	BAKED TALAPIA BROWN RICE W/ GRAVY GREEN BEANS MIXED FRUIT *MILK <input type="checkbox"/> Whole Grain	BEEF HOTDOG WHOLE WHEAT BUN SPINACH SALAD OVEN FRIES * MILK <input type="checkbox"/> Whole Grain	HAM & BEANS ENRICHED CORN MUFFIN MASH POTATOES *MILK <input type="checkbox"/> Whole Grain	TURKEY AND CHEESE WHOLE WHEAT BREAD CELERY STICKS PEAR HALVES * MILK <input type="checkbox"/> Whole Grain
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WHOLE GRAIN RICE CAKE LOWFAT YOGURT WATER <input type="checkbox"/> Whole Grain	WHOLE GRAIN BELVITA BITES CHEDDAR CHEESE CUBES WATER <input type="checkbox"/> Whole Grain	WHOLE GRAIN PITA CHIPS HUMMUS WATER <input type="checkbox"/> Whole Grain	ASPARGUS DIP WHOLE GRAIN CRACKERS 100% BERRY BERRY JUICE <input type="checkbox"/> Whole Grain	ENRICHED GRAHAM CRACKER *MILK <input type="checkbox"/> Whole Grain
TWO COMPONENTS	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
	* One year olds are served Whole Milk. Two years old and older are served 1% or Fat Free Milk. Milk substitutes must have a medical statement.				

	Monday 5/20/2019	Tuesday 5/21/2019	Wednesday 5/22/2019	Thursday 5/23/2019	Friday 5/24/2019
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ENRICHED OATMEAL APPLESAUCE * MILK <input type="checkbox"/> Whole Grain	WHOLE WHEAT CINNAMON TOAST PINEAPPLES CHUNKS *MILK <input type="checkbox"/> Whole Grain	ENRICHED GRITS PEACHES *MILK <input type="checkbox"/> Whole Grain	WHOLE WHEAT KIX CEREAL STRAWBERRIES *MILK <input type="checkbox"/> Whole Grain	WHOLE WHEAT PANCAKES PEAR HALVES * MILK <input type="checkbox"/> Whole Grain
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	CHICKEN SOFT TACO WHEAT TORTILLA MANGO SLICES REFRIED BEANS * MILK <input type="checkbox"/> Whole Grain	BEEF STROGANOFF MULTIGRAIN ROLL STEAMED CAULIFLOWER PEAR HALVES * MILK <input type="checkbox"/> Whole Grain	GRILLED CHEESE ON WHOLE WHEAT BREAD <u>MUSHROOM BARLEY SOUP</u> FRENCH FRIES * MILK <input type="checkbox"/> Whole Grain	ROASTED CHICKEN BREAST ENRICHED RICE PILAF FRENCH GREEN BEANS BAKED APPLES * MILK <input type="checkbox"/> Whole Grain	HAM AND CHEESE WHOLE WHEAT WRAP TATOR TOTS KIWI * MILK <input type="checkbox"/> Whole Grain
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	WHOLE GRAIN BELVITA BREAKFAST BITES APRICOT HALVES <input type="checkbox"/> Whole Grain	COTTAGE CHEESE PEAR HALVES WATER <input type="checkbox"/> Whole Grain	WHOLE GRAIN SUN CHIPS BANANA WATER <input type="checkbox"/> Whole Grain	WHOLE GRAIN RICE CAKES STRING CHEESE WATER <input type="checkbox"/> Whole Grain	ENRICHED GRAHAM CRACKER LOWFAT YOGURT WATER <input type="checkbox"/> Whole Grain
* One year olds are served Whole Milk. Two years old and older are served 1% or Fat Free Milk. Milk substitutes must have a medical statement.					



Harvest of the month: ONIONS

May-19

	Monday 5/27/2019	Tuesday 5/28/2019	Wednesday 5/29/19	Thursday 5/30/19	Friday 5/31/19
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ALL BRAN CEREAL ORANGE SLICES * MILK	WHOLE GRAIN ENGLISH MUFFIN PEACHES * MILK	ENRICHED CREAM OF WHEAT MANGO SLICES *MILK	WHOLE WHEAT MINI BAGEL BANANA *MILK	BLUEBERRY MUFFIN PEAR HALVES *MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	CHEESE PIZZA ON WHOLE ENGLISH MUFFIN BAKED POTATO WEDGES APRICOT HALVES *MILK	MEATLOAF WHOLE WHEAT ROLL ROASTED PARSNIPS CORN * MILK	BBQ CHICKEN ENRICHED BISCUIT RUTABAGAS FRUIT COCKTAIL *MILK	HAM & CHEESE ON WHOLE WHEAT PITA WRAP CARROT STICKS PEARS *MILK	GRILLED CHEESE WHOLE WHEAT BREAD SPINACH SALAD ORANGE WEDGES *MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	CHEDDAR CHEESE CUBES APPLE SLICES WATER	ENRICHED GRAHAM CRACKER STRAWBERRIES WATER	COTTAGE CHEESE PEAR HALVES WATER	BAKED CINNAMON APPLES ENRICHED ANIMAL CRACKERS WATER	ENRICHED PRETZELS APRICOTS WATER
TWO COMPONENTS	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
	* One year olds are served Whole Milk. Two years old and older are served 1% or Fat Free Milk. Milk substitutes must have a medical statement.				