



	Monday 5/1/23	Tuesday 5/2/23	Wednesday 5/3/23	Thursday 5/4/23	Friday 5/5/23			
BREAKFAST				NATIONAL ORANGE JUICE DAY				
Whole Grain/Grain Alternate	EGG & SPINACH OMELETTE	ENRICHED BLUEBERRY MUFFIN	ENRICHED SAUSAGE BISCUIT	ENRICHED CREAM OF WHEAT	MULTI GRAIN CHEESE TOAST			
Vegetable or Fruit	SLICED APPLES	PEAR HALVES	PINEAPPLE TIDBITS	100% ORANGE JUICE	FRESH BLUEBERRIES			
Fluid Milk	*MILK	*MILK	*MILK	*MILK	*MILK			
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain			
AM SNACK								
Meat/Meat Alternate	WHOLE WHEAT ENGLISH MUFFIN	WHOLE WHEAT CHEESE TOAST	WHOLE WHEAT PANCAKES	MULTI GRAIN CHEERIOS	WHOLE WHEAT MINI BAGEL			
Whole Grain/Grain Alternate	SLICED PEACHES	APPLESAUCE	MANGOES	100% APPLE JUICE	EGG HALVES			
Vegetable or Fruit					CANTALOUPE			
Fluid Milk TWO COMPONENTS	WATER	WATER	WATER		WATER			
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	Whole Grain			
LUNCH					TOTALLY CHIPOTLE DAY			
Meat/Meat Alternate	SAVORY TUNA & CHEESE SUB	CHICKEN SALAD	EXTRA CHEESE QUESADILLA	BBQ MEATBALLS	CHICKEN BURRITO BOWL			
Whole Grain/Grain Alternate	WHOLE WHEAT SUB ROLL	WHOLE WHEAT PASTA	WHOLE GRAIN TORTILLA STRAWBERRIES	WHOLE GRAIN NOODLES WATERMELON	ENRICHED BROWN RICE			
Vegetable or Fruit	PLUMS CELERY STICKS	KIWI SLICES			HOMEMADE PICO DE GALLO			
Vegetable	. == =:	TOMATO SOUP	BELL PEPPER STRIPS	TOSSED SALAD	BLACK BEANS			
Fluid Milk	*MILK Whole Grain	*MILK Whole Grain	* MILK Whole Grain	*MILK Whole Grain	*MILK Whole Grain			
PM SNACK	Whole Grain	BANANA SUSHI ROLL	Whole Grain	Whole or all	Whole Bruin			
Meat/Meat Alternate	ENRICHED ANIMAL CRACKERS	PEANUT/SOY/WOW/NUT BUTTER	LOW FAT YOGURT PARFAIT	WHOLE WHEAT TOAST	ENRICHED GRAHAM CRACKERS			
Whole Grain/Grain Alternate	MANDARIN ORANGES	WHOLE GRAIN TORTILLA	RASPBERRIES	AVOCADOS & FRESH TOMATOES	FRUIT SALAD			
Vegetable or Fruit		BANANA						
Fluid Milk	WATER	WATER	WATER	WATER	WATER			
TWO COMPONENTS	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain			
DINNER								
Meat/Meat Alternate	ROASTED TURKEY PINWHEELS	FISH FILET SANDWICH	ROTISSERIE TURKEY	BEEF HAMBURGER	PHILLY CHEESE STEAK			
Whole Grain/Grain Alternate	WHOLE WHEAT TORTILLA	WHOLE WHEAT BUN	WHOLE WHEAT HAWAIIAN ROLL	WHOLE WHEAT BUN	WHOLE WHEAT SUB ROLL			
Vegetable or Fruit	SWEET PEAS	APRICOT HALVES	CANTALOUPE CHUNKS	BAKED BEANS	GRAPES (CUT APPROPRIATELY)			
Vegetable	SHREDDED CARROTS	BAKED ASPARAGUS	CREAMED SPINACH	TRI COLOR COLESLAW	BAKED SWEET POTATO FRIES			
Fluid Milk	*MILK	* MILK	* MILK	*MILK	* MILK			
	Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain			
EVENING SNACK					MINI CUCUMBER & CREAM CHEESE SANDWICHES			
Meat/Meat Alternate	ENRICHED PRETZELS	WHOLE GRAIN RICE CAKE	WHOLE GRAIN CHERRIOS	LOW FAT YOGURT	WHOLE GRAIN TOAST			
Whole Grain/Grain Alternate	100% BERRY JUICE	CARROT RAISIN SALAD	MIXED BERRIES	WHOLE WHEAT SESAME STICKS	CUCUMBERS			
Vegetable or Fruit			WATER		CREAM CHEESE (OPTIONAL)			
Fluid Milk		WATER	WATER					
TWO COMPONENTS	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain			
	* One year olds are served	Unflavored Whole Milk. Two years old	d and older are served unflavored 19	% or Fat Free Milk. Milk substitutes w	ust have a medical statement.			
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WHOLE WHEAT PANCAKES SREEN APPLES SREEN APPLES SALGES SLICES SL		Monday 5/8/23	Tuesday 5/9/23	Wednesday 5/10/23	Thursday 5/11/23	Friday 5/12/23		
Recent Apples Whole Grain Whole Grain Whole Grain Whole Grain Whole Grain Whole Grain Whole Grain Whole Grain Whole Grain Whole Grain Whole Grain Whole Grain	BREAKFAST							
### WILK #MILK #MI	Whole Grain/Grain Alternate	WHOLE WHEAT PANCAKES	ENRICHED GRITS	WHOLE GRAIN CEREAL	WHOLE WHEAT WAFFLE STICKS	WHOLE WHEAT TOAST		
Whole Grain	Vegetable or Fruit	GREEN APPLES	ORANGE SLICES	SLICED BANANAS	CINNAMON APPLESAUCE	ROASTED POTATO WEDGES		
Whole Grain	Fluid Milk	*MILK	*MILK	*MILK	*MILK	STRAWBERRIES		
MacY Mact Alternate WHOLE GRAIN TOAST BANANA						*MILK		
WHOLE GRAIN TOAST BANANA		☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain		
WATER WATE	AM SNACK							
Water Wate	Meat/Meat Alternate	WHOLE GRAIN TOAST	ENRICHED BISCUIT	WHOLE WHEAT WAFFLE	ENRICHED ENGLISH MUFFIN	WHOLE WHEAT PANCAKES		
WATER	Whole Grain/Grain Alternate	BANANA	TROPICAL FRUIT SALAD	TATOR TOTS	PEANUT/WOW/NUT/SOY BUTTER	PEARS		
Whole Grain	Vegetable or Fruit							
Whole Grain/Forial Alternate Whole Grain/Forial Alternate Whole Grain Machages Whole Grain Machages POTATO SALAD BAKED ZUCCHINI AMANDARIN ORANGES POTATO SALAD BAKED ZUCCHINI AMILK MILK MILK MILK MILK MILK MILK MILK	Fluid Milk	WATER	WATER	WATER	WATER	WATER		
Med / Meat / Mea	TWO COMPONENTS	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain		
Whole Grain/Grain Alternate Vegetable or Fruit Vegetable or Fruit Vegetable or Fruit Vegetable PM SNACK Meat/Meat Alternate Whole Grain Wh	LUNCH							
WANDARIN ORANGES STRAWBERRIES SAUTEED GREEN BEANS OVEN ROASTED CAULTILOWER NATILK	Meat/Meat Alternate	BEEF STICKS	GROUND TURKEY	HOMEMADE MAC & CHEESE	BAKED CHICKEN TENDERS	SALSBURY STEAK		
POTATO SALAD	Whole Grain/Grain Alternate	WHOLE WHEAT ROLL	WHOLE GRAIN ROLL	WHOLE GRAIN MACARONI	ENRICHED HAWAIIAN ROLL	BROWN RICE W/ GRAVY		
Fluid Milk	Vegetable or Fruit	MANDARIN ORANGES	STRAWBERRIES	APRICOT HALVES	BLUEBERRIES	GROOVY GRAPES		
Whole Grain	Vegetable	POTATO SALAD	BAKED ZUCCHINI	SAUTEED GREEN BEANS	OVEN ROASTED CAULIFLOWER	ROMAINE LETTUCE SALAD		
Meat/Meat Alternate Whole Grain Grain Alternate Wegtable or Fruit Whole Grain Grain Alternate Whole Grain Grain Alternate Wegtable or Fruit Wegtable or Fruit Whole Grain Grain Alternate Whole Grain Grain Alternate Whole Grain Grain Alternate Wegtable or Fruit Wegtable Grain Grain Alternate Wegtable Grain Grain Alternate Wegtable Grain	Fluid Milk	*MILK	*MILK	* MILK	*MILK			
Meat/Meat Alternate Whole Grain/Grain Alternate Whole Grain/Grain Alternate Whole Grain/Grain Alternate Water Water Whole Grain Whole Grain		☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain		
Whole Grain/Grain Alternate Vegetable or Fruit Vegetable	PM SNACK			TURKEY LETTUCE WRAPS	BUILD YOUR OWN PARFAIT	ZOE'S ROASTED SWEET POTATO STICKS		
Water	Meat/Meat Alternate	ENRICHED GOLDFISH	GRILLED CHEESE	ROLLED TURKEY SLICES W/	ENRICHED OATS	PLAIN HUMMUS		
Fluid Milk TWO COMPONENTS Whole Grain	Whole Grain/Grain Alternate	DICED PLUMS	WHOLE WHEAT BREAD	GREEN LEAF LETTUCE	LOW FAT GREEK YOGURT	ROASTED SWEET POTATO STICKS		
TWO COMPONENTS Whole Grain	Vegetable or Fruit		TOMATO BISQUE	SHREDDED CARROTS	MIXED BERRIES			
Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Whole Grain/Grain Alternate Whole Grain/Grain Alternate Vegetable Whole Grain Whole Grain Whole Grain Whole Grain Whole Grain Whole Grain	Fluid Milk	WATER	WATER	WATER	WATER	WATER		
Meat/Meat Alternate Whole Grain/Grain Alternate Whole Grain/Grain Alternate Wegetable or Fruit Vegetable Whole Grain	TWO COMPONENTS	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain		
Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Pineapple Rings ROASTED ZUCCHINI *MILK	DINNER			NATIONAL SHRIMP DAY				
PINEAPPLE RINGS FRENCH FRIES HONEYDEW MELON CANTALOUPE SWEET CORN	Meat/Meat Alternate	BAKED FISH FILLET	STEAK TENDERS	POPCORN SHRIMP	BEEF SPAGHETTI	BEAN & CHEESE NACHOS		
ROASTED ZUCCHINI CREAMED SPINACH STIR FRY VEGETABLES KALE SALAD TOSSED SALAD	Whole Grain/Grain Alternate	ENRICHED HUSH PUPPIES	WHOLE WHEAT ROLL	ENRICHED FRIED RICE	WHOLE WHEAT SPAGHETTI	WHOLE GRAIN CHIPS		
Fluid Milk *MILK *MIL	Vegetable or Fruit	PINEAPPLE RINGS	FRENCH FRIES	HONEYDEW MELON	CANTALOUPE	SWEET CORN		
Whole Grain	Vegetable	ROASTED ZUCCHINI	CREAMED SPINACH	STIR FRY VEGETABLES	KALE SALAD	TOSSED SALAD		
EVENING SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk WATER Whole Grain	Fluid Milk	*MILK	* MILK	* MILK	*MILK	* MILK		
Meat/Meat Alternate Whole Grain/Grain Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk WATER WATER Whole Grain		☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	Whole Grain		
Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk WATER WATER WATER Whole Grain	EVENING SNACK	Cucumber Bites						
Vegetable or Fruit WATER WATER <th>Meat/Meat Alternate</th> <th>WHOLE GRAIN CRACKERS</th> <th>WHOLE GRAIN TORTILLA CHIPS</th> <th>WHOLE GRAIN SUNCHIPS</th> <th>ENRICHED ANMIAL CRACKERS</th> <th>MULTI GRAIN PITA CHIPS</th>	Meat/Meat Alternate	WHOLE GRAIN CRACKERS	WHOLE GRAIN TORTILLA CHIPS	WHOLE GRAIN SUNCHIPS	ENRICHED ANMIAL CRACKERS	MULTI GRAIN PITA CHIPS		
Fluid Milk WATER	Whole Grain/Grain Alternate	SOUR CUCUMBER BITES	CHEESE DIP/SALSA	PLUMS	DICED PEACHES	ROASTED RED PEPPER HUMMUS		
TWO COMPONENTS Whole Grain	Vegetable or Fruit							
	Fluid Milk	WATER	WATER	WATER	WATER	WATER		
* One year olds are served Unflavored Whole Milk. Two years old and older are served unflavored 1% or Fat Free Milk. Milk substitutes must have a medical statement.	TWO COMPONENTS	☐ Whole Grain	☐ Whole Grain	Whole Grain	☐ Whole Grain	☐ Whole Grain		
· · · · · · · · · · · · · · · · · · ·		* One year olds are served (Unflavored Whole Milk. Two years old	and older are served unflavored 1%	or Fat Free Milk. Milk substitutes n	nust have a medical statement.		





	Monday 5/15/23	Tuesday 5/16/23	Wednesday 5/17/23	Thursday 5/18/23	Friday 5/19/23		
BREAKFAST			BREAKFAST BURRITO				
Whole Grain/Grain Alternate	ENRICHED MINI PANCAKES	WHOLE GRAIN KIX CEREAL	WHOLE WHEAT TORTILLA	WHOLE WHEAT WAFFLE	ENRICHED CREAM OF WHEAT		
Vegetable or Fruit	APRICOT SLICES	STRAWBERRIES	SCRAMBLED EGGS, DICED HAM	BLUEBERRY COMPOTE	WARM PEACHES		
Fluid Milk	*MILK	*MILK	HASHBROWNS	KIWI			
			*MILK	*MILK	*MILK		
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain		
AM SNACK							
Meat/Meat Alternate	WHOLE WHEAT BAGEL	ENRICHED BANANA MUFFIN	ENRICHED OATMEAL	ENRICHED CHICKEN BISCUIT	LOWFAT YOGURT		
Whole Grain/Grain Alternate	PEAR HALVES	CINNAMON APPLESAUCE	KIWI SLICES	HONEYDEW MELON	CRUSHED PINEAPPLE		
Vegetable or Fruit							
Fluid Milk	WATER	WATER	WATER	WATER	WATER		
TWO COMPONENTS	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain		
LUNCH			CHICKEN & WAFFLES		NATIONAL PIZZA PARTY DAY		
Meat/Meat Alternate	MINI TURKEY SLIDERS	BAKED FISH STICKS	WHOLE WHEAT WAFFLES	BLACK BEAN BURGER	EXTRA CHEESE PIZZA		
Whole Grain/Grain Alternate	WHOLE WHEAT BUN	MULTI GRAIN ROLL	OVEN BAKED CHICKEN	WHOLE WHEAT BUN	WHOLE WHEAT CRUST		
Vegetable or Fruit	FRUIT SALAD	SLICED PEACHES	CINNAMON APPLESAUCE	DICED PEARS	WATERMELON		
Vegetable	CELERY STICKS	SWEET PEAS	GREEN BEANS	ROASTED CORN	SPINACH & TOMATO SALAD		
Fluid Milk	*MILK	*MILK	* MILK	*MILK	*MILK		
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain		
PM SNACK		SWIMMING FISH					
Meat/Meat Alternate	MINI EGG SALAD SANDWICH	WHOLE GRAIN GOLDFISH	WHOLE GRAIN RITZ CRACKERS	WHOLE GRAIN RICE CAKES	ENRICHED SALTINE CRACKERS		
Whole Grain/Grain Alternate	WHOLE WHEAT BREAD	TOMATO BISQUE	CHEDDAR CHEESE CUBES	MANGOES	CURRIED TUNA SALAD		
Vegetable or Fruit							
Fluid Milk	WATER	WATER	WATER	WATER	WATER		
TWO COMPONENTS	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain		
DINNER		TACO TUESDAY					
Meat/Meat Alternate	SMOTHERED PORK CHOPS	SHREDDED CHICKEN LETTUCE TACC	BEEF MEATBALL SUB	CHICKEN TENDERS	SLICED HONEY BAKED HAM		
Whole Grain/Grain Alternate	BROWN RICE W/ GRAVY	ENRICHED SPANISH RICE	WHOLE WHEAT SUB ROLL	MULTI GRAIN ROLL	MULTI GRAIN ROLL		
Vegetable or Fruit	PINEAPPLE SLICES	ORANGE WEDGES	CANTALOUPE	RASPBERRIES	ORANGE SLICES		
Vegetable	ROASTED BROCCOLI	ZESTY CORN	MASHED POTATOES	PEAS & CARROTS	STEAMED ZUCCHINI		
Fluid Milk	*MILK	* MILK	*MILK	* MILK	* MILK		
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	Whole Grain		
EVENING SNACK	FRUIT & VEGGIE CUP		FRUIT PIZZA				
Meat/Meat Alternate	ENRICHED PREZTEL STICKS	ENRICHED ANIMAL CRACKERS	WHOLE GRAIN MINI BAGEL	HAM & SWISS PINWHEELS	ENRICHED GRAHAM CRACKERS		
Whole Grain/Grain Alternate	CUCUMBER & WATERMELON STRIPS	LOW FAT YOGURT	STRAWBERRIES	WHOLE WHEAT TORTILLA	HONEYDEW MELON		
Vegetable or Fruit			(CREAM CHEESE/YOGURT-OPTIONAL)				
Fluid Milk	WATER	WATER	WATER	WATER	WATER		
TWO COMPONENTS	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	Whole Grain		
	* One year olds are served (Unflavored Whole Milk. Two years old	d and older are served unflavored 19	6 or Fat Free Milk. Milk substitutes n	nust have a medical statement.		





May-23

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	Monday 5/22/23	Tuesday 5/23/23	Wednesday 5/24/23	Thursday 5/25/23	Friday 5/26/23		
BREAKFAST					BUILD A BEAR PANCAKE		
Whole Grain/Grain Alternate	ENRICHED OATMEAL MUFFIN	MULTI GRAIN TOAST	WHOLE WHEAT BAGEL	ENRICHED SAUSAGE BISCUIT	WHOLE WHEAT PANCAKES		
Vegetable or Fruit	WARMED PEACHES	PEAR HALVES	RASPBERRIES	BLUEBERRIES	BANANAS		
Fluid Milk	*MILK	*MILK	*MILK	*MILK	*MILK		
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	Whole Grain		
AM SNACK							
Meat/Meat Alternate	ENRICHED GRANOLA OATS	WHOLE GRAIN ENGLISH MUFFIN	BOILED EGG HALVES	WHOLE GRAIN CEREAL	ENRICHED MUFFIN		
Whole Grain/Grain Alternate	APRICOTS	TROPICAL FRUIT SALAD	WHOLE GRAIN TRISCUIT CRACKERS	PEAR STICKS	STRAWBERRIES		
Vegetable or Fruit							
Fluid Milk	WATER	WATER	WATER	WATER	WATER		
TWO COMPONENTS	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain		
LUNCH			NATIONAL ASPARAGUS DAY				
Meat/Meat Alternate	BEEF HAMBURGER	CHICKEN ALFREDO	BAKED PORK CHOPS	TURKEY MEATBALL SUB	FISH STICKS		
Whole Grain/Grain Alternate	WHOLE WHEAT BUN	WHOLE WHEAT PASTA	WHOLE GRAIN PASTA SALAD	WHOLE GRAIN SUB ROLL	MULTI GRAIN ROLL		
Vegetable or Fruit	TATOR TOTS	ORANGE SLICES	BAKED CINNAMON APPLES	MANDARIN ORANGES	WATERMELON		
Vegetable	STEAMED CORN	STEAMED BROCCOLI	BAKED ASPARAGUS	TOSSED SALAD	BAKED FRENCH FRIES		
Fluid Milk	*MILK	*MILK	* MILK	*MILK	*MILK		
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain		
PM SNACK	FRUIT KABOB W/DIP						
Meat/Meat Alternate	LOW FAT YOGURT	WHOLE CORN TORTILLA CHIPS	WHOLE GRAIN TOAST	ENRICHED PRETZELS	ENRICHED ANIMAL CRACKERS		
Whole Grain/Grain Alternate	MIXED FRUIT	CHUNKY VEGGIE SALSA	SOY BUTTER/ALT	GUACAMOLE DIP	KIWI SLICES		
Vegetable or Fruit	(STRAWBERRY, GRAPES, BANANA)						
Fluid Milk	WATER	WATER	WATER	WATER	WATER		
TWO COMPONENTS	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain		
DINNER							
Meat/Meat Alternate	SLICED TURKEY PANINI	BBQ PULLED PORK	FISH FILET	TERIYAKI PORK	ROTISERRIE CHICKEN		
Whole Grain/Grain Alternate	WHOLE WHEAT PITA	WHOLE WHEAT BUN	WHOLE WHEAT BUN	ENRICHED RICE PILAF	WHOLE WHEAT ROLL		
Vegetable or Fruit	RED APPLES	PINEAPPLE RINGS	HONEYDEW MELON	BLUEBERRIES	BAKED SWEET POTATO		
Vegetable	SPINACH SALAD	COLESLAW	POTATO SALAD	BROCCOLI	SWEET PEAS		
Fluid Milk	*MILK	* MILK	* MILK	*MILK	* MILK		
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	Whole Grain		
EVENING SNACK							
Meat/Meat Alternate	HAM & TURKEY CUBES	ENRICHED GRAHAM CRACKERS	WHOLE WHEAT PITA CHIPS	ENRICHED ZUCCHINI BREAD	WHOLE GRAIN RICE CAKE		
Whole Grain/Grain Alternate	WHOLE WHEAT SESAME STICKS	HONEYDEW MELON	SAVORY HUMMUS	WARMED PEACHES	FRUIT SALAD		
Vegetable or Fruit							
Fluid Milk	WATER	WATER	WATER	WATER	WATER		
TWO COMPONENTS	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain		
	* One year olds are served Unflavored Whole Milk. Two years old and older are served unflavored 1% or Fat Free Milk. Milk substitutes must have a medical statement.						





	Monday 5/29/23	Tuesday 5/30/23	Wednesday 5/31/23			
BREAKFAST						
Whole Grain/Grain Alternate	MULTI GRAIN CHEERIOS	WHOLE WHEAT WAFFLES	ENRICHED SAUSAGE BISCUIT			
Vegetable or Fruit	RASBERRIES	WARMED BLUEBERRY COMPOTE	DICED PEACHES			
Fluid Milk	*MILK	*MILK	*MILK			
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	+	Whole Grain
AM SNACK	Whole Grain	Whole Grain	Whole Grain	Whole Grain	+	Whole Grain
Meat/Meat Alternate	WHEAT ENGLSIH MUFFIN	ENRICHED OATMEAL	ENRICHED BLUEBERRY MUFFIN			
Whole Grain/Grain Alternate	DICED PEARS	SLICED STRAWBERRIES	PEAR HALVES			
Vegetable or Fruit	DICED FEARS	SLICED STRAWBERRIES	FEAR HALVES			
Fluid Milk	WATER	WATER	WATER			
TWO COMPONENTS	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain		Whole Grain
LUNCH						
Meat/Meat Alternate	HONEY HAM & CHEESE	BEEF SPAGHETTI	SAVORY CHICKEN SALAD			
Whole Grain/Grain Alternate	WHOLE WHEAT ROLL	WHOLE WHEAT GARLIC TOAST	ENRICHED CROISSANT			
Vegetable or Fruit	FRUIT COCKTAIL	STEAMED CORN	GROOVY GRAPES			
Vegetable	ROASTED BRUSSEL SPROUTS	TOSSED SALAD	ROASTED CAULIFLOWER			
Fluid Milk	*MILK	*MILK	* MILK			
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain		Whole Grain
PM SNACK			ANTS ON A LOG			
Meat/Meat Alternate	BOILED EGG HALVES	ENRICHED GRAHAM CRACKERS	CELERY STICKS			
Whole Grain/Grain Alternate	TATOR TOTS	100% BERRY BERRY JUICE	PEANUT/WOW/SOY BUTTER			
Vegetable or Fruit			RAISINS			
Fluid Milk	WATER		WATER		+	
TWO COMPONENTS	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	Whole Grain		Whole Grain
DINNER			BLACK BEAN & VEGGIE QUESADILLA			
Meat/Meat Alternate	BEEF SLOPPY JOE	BAKED FISH FILLET	BLACK BEANS			
Whole Grain/Grain Alternate	WHOLE WHEAT BUN	ENRICHED HUSH PUPPIES	WHOLE GRAIN TORTILLA			
Vegetable or Fruit	FRENCH FRIES	RASPBERRIES	FRUIT COCKTAIL			
Vegetable	BAKED BEANS	GARLIC GREEN BEANS	ROASTED CORN			
Fluid Milk	*MILK	* MILK	* MILK			
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain		Whole Grain
EVENING SNACK						
Meat/Meat Alternate	ENRICHED ANIMAL CRACKERS	WHOLE GRAIN CHEESE ITS	GRILLED CHEDDAR CHEESE TOAST			
Whole Grain/Grain Alternate	CRUSHED PINEAPPLE	WATERMELON SHAPES	WHOLE WHEAT BREAD			
Vegetable or Fruit	W/4755	\\\.	\\\.			
Fluid Milk	WATER	WATER Whole Grain	WATER Whole Grain	□ Whole Casin	+	Whole Grein
TWO COMPONENTS	Whole Grain	Whole Grain		Whole Grain		Whole Grain
	" Une year olas are served	Onflavorea whole Milk. Two years old	d and older are served unflavored 19	6 or rat rree Milk. Milk substitutes i	nust nav	re a meaicai statement.