|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| MAY | | | | | | |
| SAMPLE MENU | | | | | | |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |  |
| **Breakfast:**  **Lunch:**  **PM Snack:** | 1  Whole Grain Cereal  Chicken Nuggets  Peas and Carrots  Saltine crackers | 2  Jam w/ Wheat Toast  Chicken w/  Spaghetti Corn  Ritz Crackers | 3  Whole Grain Oatmeal  Pizza  Salad  Goldfish | 4  Cheese Toast on Wheat  Rice w/ Beef and Potatoes  Club Crackers | 5  Hashbrown w/ Crackers  Hot Dogs w/ Wheat Buns Baked Fries  Cheese Crackers | \**Breakfast and Lunch*  *includes* ***Fresh Fruit and Milk*** *Daily* |
| **Breakfast:**  **Lunch:**  **PM Snack:** | 8  Whole Grain Cereal  Meatloaf w/ wheat bread n Mashed Potatoes  Saltine crackers | 9  Jam w/ Wheat Toast  Chicken/ Cheese Quesadillas  Salad  Ritz Crackers | 10  Whole Grain Oatmeal  Chicken w/ Ramen noodles  Mix Veggies  Goldfish | 11  Cheese Toast on Wheat  Fish Sticks w/ Mac n Cheese  Peas and Carrots  Club Crackers | 12  Hashbrown w/ Crackers  Chicken Alfredo w/ Wheat Pasta ,  Green Beans  Cheese Crackers | *\*Snack Includes* ***100% Juice****, & water* |
| **Breakfast:**  **Lunch:**  **PM Snack**: | 15  Whole Grain Cereal  Chicken Nuggets  Peas and Carrots  Saltine crackers | 16  Jam w/ Wheat Toast  Chicken w/  Spaghetti  Corn  Ritz Crackers | 17  Whole Grain Oatmeal  Pizza  Salad  Goldfish | 18  Cheese Toast on Wheat  Rice w/ Beef and Potatoes  Club Crackers | 19  Hashbrown w/ Crackers  Hot Dogs w/ Wheat Buns  French Fries  Cheese Crackers |  |
| **Breakfast:**  **Lunch:**  **PM Snack:** | 22  Whole Grain Cereal  Meatloaf w/ wheat bread n Mashed Potatoes  Saltines | 23  Jam w/ Wheat Toast  Chicken / Cheese Quesadillas  Salad  Ritz Crackers | 24  Whole Grain Oatmeal  Chicken w/  Ramen noodles  Mix Veggies  Goldfish | 25  Cheese Toast on Wheat  Fish Sticks w/ Mac n Cheese  Peas and Carrots  Club Crackers | 26  Hashbrown w/ Crackers    Chicken Alfredo w/ Wheat Pasta ,  Green Beans  Cheese Crackers |  |
| **Breakfast:**  **Lunch:**  **PM Snack:** | 29  MEMORIAL DAY HOLIDAY | 30  Jam w/ Wheat Toast  Chicken w/  Spaghetti  Corn  Ritz Crackers | 31  Whole Grain Oatmeal  Pizza  Salad  Goldfish |  |  |  |