

MAY MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY LUNCH FROM HOME
5/6-5/10	*Tomato/Mac Soup, Cheese Cubes, Carrots. Celery, Cucumber w/Ranch, Apple, Milk	*Beefy Noodles, Green Beans, Peaches, Milk	*Chicken Rice Casserole w/Cheese & Broccoli, Peas & Carrots, Pineapple, Milk	*Grilled Cheese Sandwich, Garden Salad Orange, Milk	Special Morning Cooking Project Yogurt Fruit Smoothie
5/13-5/17	*Chicken Noodle Soup, Saltine Crackers, Carrots. Celery, Cucumber w/Ranch, Apple, Milk	*Tater Tot Casserole, Green Beans, Peaches, Milk	*Baked Mostaccioli, Garlic Bread, Caesar Salad, Pineapple, Milk	*Fish Sliders w/Cheese, Coleslaw, Orange, Milk	Special Morning Cooking Project Yogurt Fruit Smoothie
5/20-5/24	*Tomato Tortellini Soup, Pita Bread. Carrots. Celery, Cucumber w/Ranch, Apple, Milk	* Macaroni & Cheese, Green Beans, Peaches. Milk	* Chicken Enchilada, Coleslaw, Pineapple, Milk	* Turkey Cabbage Soup over Rice, Garden Salad, Orange, Milk	Special Morning Cooking Project Yogurt Fruit Smoothie
5/27-5/31	CLOSED MEMORIAL DAY	*Ham/Egg Fried Rice, Green Beans, Peaches, Milk	*Hamburger Goulash, Peas & Carrots, Pineapple, Milk	* Black Bean, Rice & Cheese Burrito, Coleslaw, Orange, Milk	Special Morning Cooking Project Yogurt Fruit Smoothie
AM SNACK 9-10am	Banana Graham Crackers	Tangerine Rice Cakes	Orange Tortilla Chips w/Salsa	Apple, Wheat Thins	Fridays are Smoothie Days! Children help to make their own.
PM SNACK 2-3pm	Orange Triscuits	Blueberries, Bagel w/Cream Cheese	Celery, Cucumbers, Carrots Hummus, Pita Bread	Strawberry Yogurt, Animal Crackers	Applesauce Sesame Thins

*Home-made. Based on availability, whole grains or partial whole grains are used for pasta and other dishes. Whole milk served for children 1-2 years old; two years and older served unflavored 1% milk or fat free. Some food substitutions are made for young toddlers. **Water served with all snacks.** Menu based on availability of ingredients and subject to change. Most lunch recipes can be found at <https://www.facebook.com/groups/752510054934732> *This institute is an equal opportunity provider.*