|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| MONDAY | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **BREAKFAST** |  **2**¾ c **WG** Corn Flakes ½ c **Pineapple** Tidbits¾ c Milk |  **3**1/2 WG Bagel w Cream Cheese ½ c **Tropical Fruit Salad** (Pineapple, **Papaya**, **Guava** )¾ c Milk | **4**½ WG English Muffin w Pc Jelly ½ c **Melon Salad** ¾ c Milk |  **5**¾ **WG** Scooter cereal ½ **Banana** ¾ c Milk  |  **6** 1 **WG** Apple Muffin½ c **Mandarin Oranges**¾ c Milk |
| **LUNCH** | ½ c **Chili** 1 ½ oz m/ma 1 oz Corn Bread½ c **Spinach w** Ranch ¼ c **Pears** ¾ c Milk***Veg: ¾ c Vegetarian Chili*** | Morocco Moroccan Chicken *(2 oz Chicken & ¼ c Vegetables)* ¼ c Curried Couscous¼ c **Cantaloupe** ¾ c Milk***Veg: 3/8 c Moroccan Chickpeas 1.5 oz m/ma*** | 2 CN Fish Sticks¼ c WG Rice ½ c **Field Greens Salad** w creamy Italian ¼ c **Pears**¾ c Milk***Veg: c Seasoned Beans***  | **Make Your Own Wrap**1 oz Turkey (2 Slices) ½ oz Slice Cheddar Cheese1 WG Flour Tortilla ¼ c Cucumbers & Yogurt Dip ¼ c **Apple Slices** ¾ c Milk***Veg ½ c Hummus 2 oz m/ma on ½ WG Pita*** | ½ c **WG** Macaroni & Cheese* *¼ oz Cheese; ¼ c* ***WG*** *Noodles ½ oz*

3/8 c **Vegetarian Baked Beans**¼ c **Broccoli** w Veggie Dip ¼ c **Fresh Fruit Salad** Honeydew, **Cantaloupe**, Pineapple)¾ c Milk***Veg: Same*** |
| **PM SNACK** | ½ c **Peaches** 1 oz WG Animal Crackers | ½ c **Carrot Sticks** w/Veggie Dip¾ oz Cheddar Cheese (IW) | 1 Blueberry mini muffin½ c Juice  | 2 Gram Crackers¼ c **Pineapple** | 4 WG Ritz Crackers ½ c Pears  |
| **BREAKFAST** |  **9**¾ c **WG** Kix Cereal ½ c **Peaches**¾ c Milk |  **10** ½ WG English Muffin w Pc Jelly ½ c **Pears**¾ c Milk | **11**½ **WG** Bagel & Cream Cheese½ c **Sliced Apple** ¾ c Milk |  **12**¾ c **WG** Crispy Rice (¾ oz)½ Banana ¾ c Milk |  **13**½ c Strawberry Banana Yogurt 1 **WG** Blueberry Muffin ½ c Pears ¾ c Milk |
| **LUNCH** | **Japan**2 oz Teriyaki Chicken ¼ c **WG** Rice (½ oz Grain)¼ c **Spinach Salad w** Ranch ¼ c **Pineapple**¾ c Milk***Veg: 3 Dr Praegars Chix Nuggets w Teriyaki Sauce*** | **Make Your Own Sub**3 Meatballs 1.5 oz m/ma in¼ c Marinara1 WW Hot Dog Roll ¼ c Baby Carrots ¼ c **Honeydew** ¾ c Milk***Veg: 4 Vegetarian Meatballs***  | **Chicken & Noodles**2 oz Chicken ¼ c **WG** Twist ¼ c **Field Greens Salad** w Italian ¼ c **Tropical Fruit Salad** (Pineapple. **Papaya**, **Guava**)¾ c Milk***Veg: 3 Dr. Praegars Chix Strips w Twist***  | 2 oz Beef Patty 1 **WG** Hamburger Bun (1.8 oz)¼ c Glazed **Carrots**¼ c **Cantaloupe**¾ c Milk***Veg 1 Veggie Patty*** | 5/8 c Seasoned **Red Beans** and **WG** Rice* 3*/8 c* ***Beans****; ¼ c Rice*

¼ c **Broccoli** w Italian Dressing ½ **Apple Slices** ¾ c Milk***Veg: Same*** |
| **PM SNACK** | ½ c **Applesauce**2 Graham Crackers | (2 oz) Vanilla Yogurt½ c **Mandarin Oranges** | ½ c **Cucumbers** w/Ranch Dip ¾ oz **WG** Goldfish | 1 Blueberry Mini Muffin½ c **Peaches** | ¾ oz IW Cheddar4 **WG** Ritz Crackers |
| **BREAKFAST** | **16**¾ c **WG** Corn Flakes 0.68 oz½ c Pineapple Tidbits¾ c Milk  | **17**½ **WG** Bagel & Cream Cheese½ c **Peaches**¾ c Milk | **18**1 WG Blueberry Muffin ½ c **Melon Salad** ¾ c Milk | **19**¾ c **WG** Scooter cereal ½ Banana ¾ c Milk |  **20**1 WG Apple Muffin ½ c **Mandarin Oranges**¾ c Milk |
| **LUNCH** | ¼ c **WG** Spaghetti & ½ c Meatsauce 2 oz m/ma ground Beef¼ c **Green Beans** ¼ c **2 Oranges Wedges** ¾ c Milk ***Veg: ¼ Spaghetti & ¾ c Black BeanTomato Sauce 1.5 oz m/ma*** | 2 oz Oven Fried Chicken Leg1 WG Wheat Roll **¼ c Glazed Carrots**¼ c **Apple Slices** ¾ c Milk ***Veg: ½ c Kati Kati Chickpeas 2 oz m/ma*** | **Make Your Own Pizza**2 TBSP Mozzarella Shredded Cheese m/ma 1 String Cheese ¼ c **Marinara** Sauce **(Hot)**½ **WG** English Muffin¼ c **Broccoli &** YogurtDip¼ c **Tropical Fruit Salad** (Pineapple. **Papaya**, **Guava**)¾ c Milk***Veg: Same*** | 1 CN Chicken Patty1 Slice Cheddar Cheese1 **WG** Bun (1.8 oz) ½ c **Baked Batatas** and Apples¾ c Milk***Veg: 3 Dr Praeger’s Chix nuggets***  | ½ c **WG** Macaroni & Cheese* *¼ oz Cheese; ¼ c* ***WG*** *Noodles ½ oz*

3/8 c Vegetarian **Baked Beans (**1.25 m/ma)½ c **Field Green Salad w** Ranch¼ c Fresh Fruit Salad**Honeydew**, **Cantaloupe** , Pineapple)¾ c Milk***Veg: Same*** |
| **PM SNACK** | 1 Blueberry Mini Muffin½ c **Carrots** with Honey Mustard dip | 2 Squares Graham Crackers ½ c Tootie Fruity Chip Dip | ½ c Cucumber& Veggie Dip¾ oz **WG** Goldfish | **Make your own Parfait** 1/8 c nut-free Granola ¼ c Strawberry Banana | ½ c **Applesauce**4 **WW** Ritz Cracker |
|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **BREAKFAST** | **23**¾ c **WG** Kix Cereal ½ c **Peaches** ¾ c Milk  |  **24**1/2 WG English Muffin w Pc Jelly½ c **Pineapple** Tidbits¾ c Milk  | **25**1 Banana Muffin½ c **Sliced Apple** ¾ c Milk | **26**¾ c **WG** Crispy Rice Cereal ½ Banana ¾ c Milk | **27**½ c Strawberry Banana Yogurt 1 **WG** Blueberry Muffin ½ c **Pears** ¾ c Milk  |
| **LUNCH** | **Latin America**½ c Arroz con Pollo*( 2 oz Pollo 1 ½ oz m/ma with ¼ c Vegetables (Bell Pepper, Onion Tomatoes)*¼ c **WG** Rice¼ c **Tropical Fruit Salad** (Pineapple. **Papaya**, **Guava**)¾ c Milk ***Veg: 3 Dr Praegars Chix Strips con Pollo w Rice***  | 2oz Beef Patty 1oz Slider **WG** Roll¼ c **Broccoli** & RanchDip ¼ c Mashed **Sweet Potatoes**¾ c Milk***Veg: ½ c Hummus ½, ¾ oz IW Cheese WG w Pita (1 oz g) NO ROLL*** | **Asian**1 Chicken Patty¼ c Asian **WG** Brown Rice¼ c Field Green salad w Ranch ¼ c **Mandarin Oranges**¾ c Milk***Veg: 3 Honey Glazed Dr Praegars Chix Nuggets 1.5 m/ma*** | 1 Fish Filet 1 **WG** Bun½ c Steamed Mixed Greens**( Corn, Peas, Carrots , Green Beans)**¼ c **Honeydew**¾ c Milk***Veg: 6 oz Yogurt & Bun*** |  **Make Your Own Burrito**¼ c **Black Beans** & 1/8 c Monterrey Cheese *(1 ½ oz Meat Alternate)*6 in **WW** Tortilla (1 oz)PC Mild Salsa½ c **Spinach w Italian**¼ c **Pineapple**¾ c Milk***Veg: Same*** |
| **PM SNAK** | 2 oz Vanilla Yogurt¾ c **WG** Goldfish | **½ c Zucchini Coins** w/Veggie Dip4 **WG** Ritz Crackers | ½ c **Cantaloupe** ¼ c Animal Crackers | ½ c Pears 2 Graham Cracker Squares | 1 String Cheese½ c Apple Slices |
| **BREAKFAST** |  **30**https://www.signingsavvy.com/images/words/holidays/2/memorialDay.png |  **31**1/2 WG Bagel w Cream Cheese ½ c **Tropical Fruit Salad** (Pineapple, **Papaya**, **Guava** )¾ c Milk |  |
| **LUNCH** | Morocco Moroccan Chicken *(2 oz Chicken & ¼ c Vegetables)* ¼ c Curried Couscous¼ c **Cantaloupe** ¾ c Milk***Veg: 3/8 c Moroccan Chickpeas 1.5 oz m/ma*** |
| **PM SNAK** | ½ c **Carrot Sticks Sticks**w/Veggie Dip¾ oz Cheddar Cheese (IW) |