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| MONDAY | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **BREAKFAST** | **2**¾ c **WG** Corn Flakes ½ c **Pineapple** Tidbits¾ c Milk  |  **3**½ **WG** Bagel & Cream Cheese ¼ c **Tropical Fruit Salad** (Pineapple, ]Papaya, Guava½ c Milk | **4**½ WG English Muffin w Pc Jelly ¼ c **Melon Salad** ½ c Milk |  **5**¾ c **WG** Scooter Cereal ¼ **Banana** ½ c Milk |  **6**1 **WG** Apple Muffin¼ c **Mandarin Oranges**½ c Milk |
| **LUNCH** | 3/8 c **Chili** 1 ½ oz M/MA 1 oz Corn Bread 1/8 c Steamed **Spinach** 1/8 c **Pears** ½ c Milk***Veg: ¾ c Vegetarian Chili*** | **Morocco**Moroccan Chicken *(2 oz Chicken & ¼ c Vegetables)* ¼ c Curried Couscous1/8 c **Cantaloupe** ½ c Milk ***Veg: ¼ c Moroccan Chickpeas 1 oz m/ma*** | 2 CN Fish Sticks¼ c **WG** Rice1/8 c Steamed **Zucchini**1/8 c **Pears**½ c Milk ***Veg: ¼ c Seasoned Beans***  | **Make Your Own Wrap**½ oz Turkey (1 Slices) ½ oz Slice Cheddar Cheese 1 **WG** Flour Tortilla (1 oz Grain)1/8 c Diced Cucumbers & Yogurt Dip1/8 c Applesauce ½ c Milk ***Veg ¼ c Hummus 1 oz m/ma on ½ WG Pita*** | ½ c **WG** Macaroni & Cheese* *¼ oz Cheese; ¼ c* ***WG*** *Noodles ½ oz*

¼ c **Vegetarian Baked Beans** 1/8 c Steamed **Broccoli** 1/8 c Fresh Fruit Salad Honeydew, **Cantaloupe**, Pineapple)½ c Milk ***Veg: Same*** |
| **PM SNACK** | ½ c **Peaches** 1 oz WG Animal Crackers | ½ c Steamed **Carrot Sticks** w/Veggie Dip¾ oz Cheddar Cheese (IW) | 1 Blueberry mini muffin½ c Juice  | 2 Graham Crackers ½ c Pineapple | 4 WG Ritz Crackers½ c Pears  |
| **BREAKFAST** | ¾ c **WG** Kix Cereal **9**¼ c **Peaches**½ c Milk |  **10**1 oz **WG** English Muffin w PC Jelly¼ c **Pears** ½ c Milk | ½ **WG** Bagel & Cream Cheese **11**¼ c Applesauce½ c Milk | ¾ c **WG** Crispy Rice **12**¼ **Banana** ½ c Milk |  **13**½ c Strawberry Banana Yogurt 1 **WG** Blueberry Muffin ¼ c **Pears**½ c Milk |
| **LUNCH** | **Japan**1 oz Teriyaki Chicken ¼ c **WG** Rice (½ oz Grain)1/8 c **Steamed** **Spinach** 1/8 c **Pineapple**½ c Milk ***Veg: 2 Dr Praegars Chix Nuggets w Teriyaki Sauce*** | **Make Your Own Sub**2 Meatballs 1 oz m/ma in ¼ c Marinara1 WW Hot Dog Roll ¼ c **Steamed Baby Carrots**1/8 c **Honeydew** ½ c Milk ***Veg: 2 Vegetarian Meatballs***  |  **Chicken & Noodles** 2 oz Chicken¼ c **WG** Twist 1/8 c **Green Beans** 1/8 c **Tropical Fruit Salad** (Pineapple. **Papaya**, **Guava**)½ c Milk ***Veg: 2 Dr Praegars Chix Strips w Twist*** | 2 oz Beef Patty 1 **WG** Hamburger Bun 1/8 c Glazed **Carrots**¼ c **Cantaloupe**½ c Milk *Veg* ***1 Veggie Patty*** | ½ c Seasoned **Red Beans** and **WG** Rice* *¼ c* ***Beans****; ¼ c Rice*

1/8 c Steamed **Broccoli** 1/8 c **Applesauce**½ c Milk ***Veg: Same*** |
| **PM SNACK** | ½ c **Applesauce**2 Graham Crackers | 2 oz Vanilla Yogurt½ c **Mandarin Oranges** | ½ c Diced Cucumber w/Ranch Dip¾ oz **WG** Goldfish | 1 Blueberry Mini Muffin½ c **Peaches** | ¾ oz IW Cheddar4 **WG** Ritz Crackers |
| **BREAKFAST** | ¾ c **WG** Corn Flakes 0.68 oz **16**½ c Pineapple Tidbits¾ c Milk  | ½ **WG** Bagel & Cream Cheese **17**¼ c Peaches½ c Milk | 1 WG Blueberry Muffin **18**½ c **Melon Sala**¾ c Milk | ¾ c **WG** Scooter Cereal **19**¼ **Banana** ½ c Milk |  **20**1 **WG** Apple Muffin¼ c **Mandarin Oranges**½ c Milk |
| **LUNCH** | ¼ c **WG** Spaghetti & ¼ c Meatsauce 1 oz m/ma ground Beef1/8 c **Green Beans** 1/8 c **Mandarin Oranges**½ c Milk ***Veg: ¼ Spaghetti & ¾ c Black BeanTomato Sauce 1.5 oz m/ma*** | 4 CN Chicken Nuggets 1 **WG** Dinner Roll 1/8 c **Glazed Carrots** 1/8 c **Applesauce** ½ c Milk ***Veg: ¼ c Kati Kati Chickpeas***  | **Make Your Own Pizza**1 TBSP Mozzarella Shredded Cheese ½ oz m/ma 1 String Cheese 1 oz m/ma ¼ c **Marinara** Sauce **(Hot)** ½ **WG** English Muffin1/8 c Steamed **Broccoli** 1/8 c **Tropical Fruit Salad** (Pineapple. **Papaya**, **Guava**)¾ c Milk ***Veg: Same***  | 1 oz CN Chicken Patty½ oz Slice Cheddar Cheese1 **WG** Bun (1.8 oz) ¼ c **Baked Batatas** and Apples¾ c Milk ***Veg: 2 Dr Praeger’s Chix nuggets***  | ½ c **WG** Macaroni & Cheese* *¼ oz Cheese; ¼ c* ***WG*** *Noodles ½ oz*

¼ c **Vegetarian Baked Beans** 1/8 c Steamed **Broccoli** 1/8 c Fresh Fruit Salad Honeydew, **Cantaloupe**, Pineapple)½ c Milk ***Veg: Same*** |
| **PM SNACK** | 1 WG Blueberry Mini Muffin½ c Steamed **Carrot Sticks** 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 Crackers |
|  | **MONDAY** | TUESDAY | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **BREAKFAST** | **23**¾ c **WG** Kix Cereal ¼ c **Peaches** ½ c Milk  | **24**1 oz **WG** English Muffin w PC Jelly¼ c **Pineapple** Tidbits½ c Milk | **25**½ **WG** Cinnamon Stuffed Mini Bagel ¼ c Applesauce½ c Milk | **26**¾ c **WG** Crispy Rice Cereal ¼ **Banana** ½ c Milk |  **27**½ c Strawberry Banana Yogurt 1 **WG** Blueberry Muffin ¼ c **Pear**½ c Milk |
| **LUNCH** | **Latin America**½ c Arroz con Pollo*( 2 oz Pollo & ¼ c Rice)**1 ½ oz m/ma with ¼ c Vegetables (Bell Pepper, Onion Tomatoes)*¼ c **WG** Rice¼ c **Tropical Fruit Salad** (Pineapple. **Papaya**, **Guava**)½ c Milk ***Veg: 3 Dr Praegars Chix Strips con Pollo w Rice***  | 2oz CN Beef Patty 1.5 oz m/ma1oz slider **WG** Roll1/8 c Steamed **Broccoli** 1/8 c Mashed **Sweet Potatoes**½ c Milk ***Veg: Veggie Patty alt ½ c Hummus ½ WG w Pita (1 oz g) NO ROLL*** | Asian1 Chicken Patty¼ c Asian **WG** Brown Rice1/8 c Diced Cucumbers w Ranch 1/8 c **Mandarin Oranges**½ c Milk ***Veg: 2 Honey Glazed Dr Praegars Chix Nuggets 1.33 m/ma*** | 1 Fish Filet 1 **WG** BunKetchup1/8 c Steamed Mixed Greens**( Corn, Peas, Carrots , Green Beans)**1/8 c **Honey dew**½ c Milk ***Veg: 4 oz Yogurt and bun*** | **Make Your Own Burrito**1/8 c **Black Beans** & 1/8 c Monterrey Cheese (1 oz Meat Alternate)½ (6 in) **WW** Tortilla PC Mild Salsa1/8 c Steamed **Spinach**1/8 c **Pineapple**½ c Milk ***Veg: Same*** |
| **PM SNACK** | 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 Applesauce |
| **BREAKFAST** | **30**https://www.signingsavvy.com/images/words/holidays/2/memorialDay.png  |  **31**½ **WG** Bagel & Cream Cheese ¼ c **Tropical Fruit Salad** (Pineapple, ]Papaya, Guava½ c Milk |  |
| **LUNCH** | **Morocco**Moroccan Chicken *(2 oz Chicken & ¼ c Vegetables)* ¼ c Curried Couscous1/8 c **Cantaloupe** ½ c Milk ***Veg: ¼ c Moroccan Chickpeas 1 oz m/ma*** |
| **PM SNACK** | ½ c Steamed **Carrot Sticks** w/Veggie Dip¾ oz Cheddar Cheese (IW) |

**egg**