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| MONDAY | | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **BREAKFAST** | **2**  ¾ c **WG** Corn Flakes  ½ c **Pineapple** Tidbits  ¾ c Milk | **3**  ½ **WG** Bagel & Cream Cheese  ¼ c **Tropical Fruit Salad** (Pineapple, ]Papaya, Guava  ½ 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 Muffin  ¼ 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 Couscous  1/8 c **Cantaloupe**  ½ c Milk  ***Veg: ¼ c Moroccan Chickpeas 1 oz m/ma*** | 2 CN Fish Sticks  ¼ c **WG** Rice  1/8 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 Dip  1/8 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 Dip  ¾ oz Cheddar Cheese (IW) | 1 Blueberry mini muffin  ½ c Juice | 2 Graham Crackers  ½ c Pineapple | 4 WG Ritz Crackers  ½ c Pears |
| **BREAKFAST** | ¾ c **WG** Kix Cereal **9**  ¼ c **Peaches**  ½ c Milk | **10**  1 oz **WG** English Muffin w PC Jelly  ¼ c **Pears**  ½ c Milk | ½ **WG** Bagel & Cream Cheese **11**  ¼ c Applesauce  ½ 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 Marinara  1 WW Hot Dog Roll  ¼ c **Steamed Baby Carrots**  1/8 c **Honeydew**  ½ c Milk  ***Veg: 2 Vegetarian Meatballs*** | **Chicken & Noodles**  2 oz Chicken  ¼ 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 Yogurt  ½ c **Mandarin Oranges** | ½ c Diced Cucumber w/Ranch Dip  ¾ oz **WG** Goldfish | 1 Blueberry Mini Muffin  ½ c **Peaches** | ¾ oz IW Cheddar  4 **WG** Ritz Crackers |
| **BREAKFAST** | ¾ c **WG** Corn Flakes 0.68 oz **16**  ½ c Pineapple Tidbits  ¾ c Milk | ½ **WG** Bagel & Cream Cheese **17**  ¼ c Peaches  ½ 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 Muffin  ¼ c **Mandarin Oranges**  ½ c Milk |
| **LUNCH** | ¼ c **WG** Spaghetti & ¼ c Meatsauce 1 oz m/ma ground Beef  1/8 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 Muffin  1/8 c Steamed **Broccoli**  1/8 c **Tropical Fruit Salad** (Pineapple. **Papaya**, **Guava**)  ¾ c Milk  ***Veg: Same*** | 1 oz CN Chicken Patty  ½ oz Slice Cheddar Cheese  1 **WG** Bun (1.8 oz)  ¼ c **Baked Batatas** and Apples  ¾ 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 Muffin  ½ c Steamed **Carrot Sticks** with Honey Mustard dip | 2 Squares Graham Crackers  ½ c Tootie Fruity Chip Dip | ½ c Cucumber& Veggie Dip  ¾ 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 Jelly  ¼ c **Pineapple** Tidbits  ½ c Milk | **25**  ½ **WG** Cinnamon Stuffed Mini Bagel  ¼ c Applesauce  ½ 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** Rice  ¼ 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/ma  1oz slider **WG** Roll  1/8 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*** | Asian  1 Chicken Patty  ¼ c Asian **WG** Brown Rice  1/8 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** Bun  Ketchup  1/8 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 Salsa  1/8 c Steamed **Spinach**  1/8 c **Pineapple**  ½ c Milk  ***Veg: Same*** |
| **PM SNACK** | 2 oz Vanilla Yogurt  ¾ c **WG** Goldfish | ½ c Zucchini Coins w/Veggie Dip  4 **WG** Ritz Crackers | ½ c **Cantaloupe**  ¼ c Animal Crackers | ½ c Pears  2 Graham Cracker Squares | 1 String Cheese  ½ 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, Guava  ½ c Milk |  | | |
| **LUNCH** | **Morocco**  Moroccan Chicken  *(2 oz Chicken & ¼ c Vegetables)*  ¼ c Curried Couscous  1/8 c **Cantaloupe**  ½ c Milk  ***Veg: ¼ c Moroccan Chickpeas 1 oz m/ma*** |
| **PM SNACK** | ½ c Steamed **Carrot Sticks** w/Veggie Dip  ¾ oz Cheddar Cheese (IW) |

**egg**