

# May Menu 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	
1			<b>Breakfast</b> 1 WG French Toast Stick (1) Mango (1/2 c)  <b>Lunch</b> Spaghetti Casserole (3/8 c) Cauliflower (1/4c) Fruit infu Applesauce (1/4 c)  <b>Snack</b> WG Toasted Oats (1/2c) Banana (1/2)	<b>Breakfast</b> 2 WG Muffin (1/2) Strawberries (1/2 c)  <b>Lunch</b> Yogurt (3/4c) WG Pancakes (1/2) Cucumber Coins (1/4 c) Melon (1/4 c)  <b>Snack Add Carrots</b> WG Beet Chips (7) Egg Salad (1/6c)	<b><u>ALL</u></b> <b><u>CENTERS</u></b> <b><u>CLOSED</u></b>	
4	<b>Breakfast</b> 6 WG English Muffin (1/2) Mandarin Oranges (1/2 c) Egg Patty (extra-1/2)  <b>Lunch</b> WG Chicken Strips (2.5) Ketchup Coleslaw (1/4 c) Pineapple (1/4 c) canned  <b>Snack</b> Cheese Slice (1) WG Ritz Crackers (5)	<b>Breakfast</b> 7 Yogurt (1/4 c) Strawberries (1/2 c) WG Biscuit (extra ½)  <b>Lunch</b> Deli Turkey Slices (2 Slices) WG Bun (1 bun) Artisan Salad (1/2c) Pears (1/4 c) fresh  <b>Snack</b> Applesauce (1/2 c) WG Pancakes (1/2)	<b>Breakfast</b> 8 WG Bagel (1/2) Mixed Fruit (1/2c)  <b>Lunch</b> Open Faced Samosa (1/2c) WG Flatbread (1/2) Diced Potatoes (1/4c) Banana (1/4c)  <b>Snack</b> WG Soft Pretzel (1/2) Cucumber Coins (1/2 c)	<b>Breakfast</b> 9 WG Toast (1/2 slice) Peaches (1/2 c)  <b>Lunch</b> Chicken Diced (1/2 cup) WG Roll (1) Spinach Salad (1/2 c) Strawberries (1/4c)  <b>Snack</b> WG English Muffin (1/2) Fresh Mixed Vegetable (1/4c) Hummus (1/4 c)	<b>Breakfast</b> 10 WG French Toast Sticks (1) Tropical Fruit (1/2 c)  <b>Lunch</b> Cheese Quesadilla (1) Black Beans (1/8c) Tomato Slices (1/4 c) Blueberries (1/4 c)  <b>Snack</b> Yogurt (1/4 c) Mixed Fruit (1/2 c) cocktail	
1	<b>Breakfast</b> 13 Granola (1/8c) Yogurt (1/4 c-extra) Pineapple (1/2 c)  <b>Lunch</b> Tuna Twist Salad (1/4 c) WG Tortilla (1/2) Carrots (1/4 c) Mango (1/4 c)  <b>Snack</b> Cheese Stick (1/2) Peaches (1/2 c)	<b>Breakfast</b> 14 WG Waffle Stick (1) Mixed Berries (1/2 c)  <b>Lunch</b> Chicken Tikka Masala (1/2 c) Brown Rice (1/4 c) Green Grapes Halved (1/4 c)  <b>Snack</b> Apple (1/2) Cottage cheese (1/8 c)	<b>Breakfast</b> 15 WG Toast (1/2 slice) Oranges (1/2 c)  <b>Lunch</b> Ranchero Bean Tacos (1/4c) Shredded Cheese (1/8c) WG Tortilla (1/2) Lettuce w/spinach (1/2 c) Blackberries (1/4 c)  <b>Snack Add Carrots</b> Kale & Spinach Chips (5) Melon (1/2 c)	<b>Breakfast</b> 16 WG Biscuit (1/2) Banana (1/2 c)  <b>Lunch</b> Medit Chicken (1 breast) Brown Rice Pilaf (1/4 c) Sweet Pepper Slices (1/4 c) Blood Oranges (1/4 c)  <b>Snack</b> Diced Chicken (1/8c) Fruit Salad (1/2 c)	<b>Breakfast</b> 17 WG Banana Bread Square (1/2 slice) Strawberries (1/2c)  <b>Lunch</b> Grilled Cheese (½ sandwich) Tomato Soup (1 cup) Peaches (1/4 c)  <b>Snack</b> WG Mini Bagel (1/2) Kiwi (1/2 c)	
2	<b>Breakfast</b> 20 WG Muffin (1/2) Diced Chicken (extra- 1/8c) Pears (1/2 c) canned  <b>Lunch</b> Sloppy Joe (1/3c) WG Dinner Roll (1) Green Peas (1/4 cup) Oranges (1/4 cup)  <b>Snack</b> Granola (1/8 cup) Yogurt (1/4 cup)	<b>Breakfast</b> 21 Cereal- Toasted Oats (1/2c) Sunshine Mixed Fruit (1/2 c)  <b>Lunch</b> Chicken Roll Up (1) (Chicken-1/4c, Tortilla-1/2, cheese 1/4c) Carrots (1/4 c) Tropical Fruit (1/4 c)  <b>Snack</b> Turkey Wraps (1 slice turkey & ½ WG tortilla) Herbed Cream Cheese- extra	<b>Breakfast</b> 22 WG Biscuit (1/2) Mixed Berries (1/2 c) supreme  <b>Lunch</b> Three Sisters Soup (1/4c) Turkey Burger (1) WG Flatbread Bun (1/2) Apple Slices (1/4c)  <b>Snack</b> Snack Mix (1/2 c) Grapes Halved (1/2 c)	<b>Breakfast</b> 23 WG Bagel (1/4) Banana (1/2c)  <b>Lunch</b> Crunchy Chx Hawaiian (2/3 c) WG Tortilla (1) Mixed Fruit (1/4c) deluxe  <b>Snack</b> Tortilla Chips (7 chips) Salsa (1/4 c) Fresh Mixed Vegetable (1/4c)	<b>Breakfast</b> 24 WG Pancakes (1/2) Mandarin Oranges (1/2 c)  <b>Lunch</b> WG Pizza (1 slice) Cauliflower (1/4 c) Mixed Fruit (1/4 c)  <b>Snack</b> Broccoli (1/2 c) Hummus (1/8 c)	
3	<b><u>ALL</u></b> <b><u>CENTERS</u></b> <b><u>CLOSED</u></b> <b><u>Holiday</u></b>	<b>Breakfast</b> 27 Yogurt (1/4c) Apricots (1/2 c) WG Biscuit (extra- ½)  <b>Lunch</b> Kati Kati Chicken (1 breast) Jollof Rice (1/2c) Pears (1/4c)  <b>Snack</b> Fruit Yogurt Smoothie (2/3 c)	<b>Breakfast</b> 28 WG French Toast Stick (1) Mango (1/2 c)  <b>Lunch</b> Spaghetti Casserole (3/8 c) Cauliflower (1/4c) Fruit infu Applesauce (1/4 c)  <b>Snack</b> WG Toasted Oats (1/2c) Banana (1/2)	<b>Breakfast</b> 29 WG Muffin (1/2) Strawberries (1/2 c)  <b>Lunch</b> Yogurt (3/4c) WG Pancakes (1/2) Cucumber Coins (1/4 c) Melon (1/4 c) fresh  <b>Snack Add Broccoli</b> WG Beet Chips (7) Egg salad (1/4c)	<b>Breakfast</b> 30 WG French Toast Stick (1) Mango (1/2 c)  <b>Lunch</b> Spaghetti Casserole (3/8 c) Cauliflower (1/4c) Fruit infu Applesauce (1/4 c)  <b>Snack</b> WG Toasted Oats (1/2c) Banana (1/2)	<b>Breakfast</b> 31 Cereal- Toasted Oats (1/2c) Apple Slices (1/2 c) (Baked)  <b>Lunch</b> Bean Burrito Bowl (1/2c) Brown Rice (1/4c) Cheese (1/8 c) Salsa (1/4 c) Lettuce Salad (1/8c) Peaches (1/4 c)  <b>Snack</b> WG English Muffin (1/2) Sauce (2 TBSP) Cheese (1/8c)