

May, 2021

A Nobel Exercises Consensing	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack	3 Whole Wheat Breakfast Pizza	4 Whole Grain Cereal, Fresh Orange Slices, Milk	5 Low Fat Yogurt With Fruit and Granola, Milk	6 Waffles with Sugar Free Syrup, Fresh Apple Slices, Milk	7 Whole Wheat Bagels with Butter, Fresh Pineapple Chunks, Milk
Lunch	Tomato Soup, Grilled Cheese Sandwich, Diced Pears, Milk	Baked Cheese Ravioli, in Marinara Sauce, Steamed Peas, Mandarin Orange, Milk	Chicken Patty Sandwich on Whole Wheat Buns, Fresh Carrot Sticks with Fat Free Ranch Dressing, Diced Peaches, Milk	Cheeseburger Sliders, Baked Potato Wedges, Unsweetened Applesauce, Milk	Whole Wheat Cheese Quesadillas, Salad with Fat Free Ranch Dressing, Diced Pears, Milk
PM Snack	Gluten Free Caramel Rice Cakes, 100% Fruit Juice	Nutrigrain Fruit Bars, Chilled Water	Animal Crackers, 100% Fruit Juice	Gold Fish Crackers, Fresh Banana, Chilled Water	String Cheese, Saltine Crackers, Chilled Water
AM Snack	10 Whole Wheat Pancakes with Sugar Free syrup, Fresh Apple Slices, Milk	11 Whole Grain Cereal, Fresh Orange Slices, Milk	12 Cinnamon Raisin Bagel with Cream Cheese, Milk	13 Fresh Baked Whole Grain Blueberry Muffin, Milk	Whole Wheat Pancakes, with Sugar Free Syrup, Fresh Orange Slices, Milk
Lunch	Whole Grain Cheese Pizza, Steamed Corn, Diced Peaches, Milk	Baked Chicken Nuggets, Baked Tater Tots, Diced Peaches, Milk	Spanish Rice with Chicken, Steamed Corn, Fresh Apple Slices, Milk	Whole Wheat Cheese Quesadillas, Fresh Carrot Sticks with Fat Free Ranch Dressing, Pineapple Tidbits, Milk	Tuna Salad Sandwich on Warm Croissant, Salad With Fat Free Ranch Dressing, Fresh Apple Slices, Milk
PM Snack	Cheez-its Crackers, 100% Fruit Juice	Nutrigrain Bars with Fruit, 100% Fruit Juice	String Cheese, Saltine Crackers, 100% Fruit Juice	Ritz Crackers, Fresh Banana, Chilled Water	Whole Grain Gold Fish Crackers, Fresh Bananas, Chilled Water
AM Snack	17 Whole Wheat Toast with Butter, Fresh Apple Slices, Milk	18 Whole Grain Cereal, Fresh Banana, Milk	19 Whole Wheat Breakfast Pizza with Turkey Sausage, Fresh Orange Slices, Milk	20 Whole Wheat Bagels with Cream Cheese, Fresh Apple Slices Milk	21 Whole Wheat Cinnamon French Toast, Fresh Orange Slices, Milk
Lunch	Whole Wheat Cheese Pizza, Steamed Corn, Diced Peaches, Milk	Whole Grain Tortellini Tomato Bisque, Fruit Cocktail, Milk	Steamed Rice with Chicken, Steamed Peas and Carrots, Pineapple Tidbits, Milk	Turkey and Cheese Rollup, Diced Carrots, Fresh Bananas, Milk	Soft Tacos with Turkey Meat and Cheese, Fresh Cucumber Slices with Fat Free Ranch, Unsweetened Applesauce, Milk
PM Snack	Honey Graham, 100% Fruit Juice	String Cheese, Fresh Apple Slices, Chilled Water	Soy Butter, Ritz Crackers, Chilled Water	Saltine Crackers, Cheddar Cheese Cubes, Chilled Water	Roasted Red Pepper Hummus on Whole Wheat Pita Bread, Chilled Water
AM Snack	24 Nutrigrain Fruit Bars, Milk	25 Whole Grain Cereal, Fresh Orange Slices, Milk	26 Breakfast Burrito on Whole Wheat tortilla, Fresh Apple Slices, Milk	27 Fresh Baked Blueberry Muffin, Fresh Banana, Milk	28 Nutrigrain Breakfast bars, Milk
Lunch	Baked Fish Sticks, Baked Tater Tots, Mandarin Orange, Milk	Meatloaf in Brown Gravy, Mashed Potatoes, Whole Wheat Roll, Diced Peaches, Milk	Turkey and Cheese Sandwich,, Steamed Broccoli, Diced Pears, Milk	Baked Chicken Nuggets,Baked Tater Tots, Fruit Cocktail, Milk	Whole Wheat Pepperoni Pizza, Salad with Fat Free Ranch Dressing, Fresh Bananas, Milk
PM Snack	Baked Cinnamon Apple Croissants, 100% Fruit Juice	Whole Grain Cheez-its Crackers, 100% Fruit Juice	Mini Pretzels, Fresh Orange Slices, Chilled Water	Whole Grain Gold Fish Crackers, 100% Fruit Juice	Saltine Crackers, String Cheese, Chilled Water
AM Snack	31 CBA Closed	30 Toast with Cheese , Fresh Orange Slices, Milk	31 Fresh Baked Banana Muffin, Fresh Cantaloupe, Milk		
Lunch	CBA Closed	•	Bar-B-Que Chicken Sandwich on Whole Wheat Buns, Cole Slaw, Diced Peaches, Milk		
PM Snack	CBA Closed	Nutrigrain Bars with Fruit, Chilled Water	Roasted Red Pepper Hummus, Whole Wheat Pita Bread, Chilled Water		