May

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2	3
AM Snack			Cheese omlets, Milk	Vanillia yogurt, blueberries, milk	Waffles with low sugar syrup, milk
Lunch			Cowboy bake bean casserole, corn, mixed fruit, veg alt. veggie sticks	Chicken nuggets, green beans, pears, milk, veg alt. mac and cheese bites	Whole wheat flat bread pizza, salad, mixed fruit, milk
PM Snack			Trail mix, 100% low sugar fruit juice	Cheese crackers, 100% low sugar fruit juice	Fig newtons, Chilled Ice Water
	6	7	8	9	10
AM Snack	Whole grain cereal & Milk	Stawberry yogurt, milk	Waffles with low sugar syrup, M	Bagels with cream cheese, Milk	Egg pattie, toast, milk
Lunch	Mac and cheese, green beans, pears, milk	Vegetarian chili, corn, mixed fruit, milk	Chicken mushroom casserole. Green beans, peaches, milk, veg alt. mushroom rice casserole	Fish nuggets, peas, pineapple, milk, veg alt. veggie sticks	Spaghetti and meat sauce, salad, baked apples, milk, veg alt. spaghetti marinara
PM Snack	Pretzels with cheese sticks, 100% low sugar fruit juice	Cottage cheese with peaches, chilled water	Wheat Crackers and cheese, 100% low sugar fruit juice	Graham crackers, sliced apples, chilled water	Cheesy rice cakes & 100% low sugar fruit juice
	13	14	15	16	17
AM Snack	Whole grain cereal & Milk	Cheese omlets, milk	Bisquits and jelly, milk	Waffles with low sugar syrup, milk	Breakfast pizza, milk
Lunch	Meat loaf, mashed potatoes, corn, pears, milk, veg alt. mac and cheese bites	Turkey corn nuggets, green beans, peaches, milk, veg alt. cheese quesafilla	BBQ chicken sandwich on whole wheat roll, baked beans, fruit cocktail, milk, veg alt. Spanish rice	Chicken Teriaki Strips, sweet potatoe fries, pineapple, milk, veg alt: Veggie Sticks	Cheese ravioli with marinara sauce, mixed fruit, mixed vegetable, milk
PM Snack	Trail mix, 100% low sugar fruit juice	Chips, salsa, chilled water	Fig Neutons, Chilled ice water	Pretzels and blueberries, 100% low sugar fruit juice	Sliced apples, whole wheat crackers, chilled water
	20	21	22	23	24
AM Snack	Whole grain cereal & Milk	Blueberry Bagels w/ cream cheese, Milk	Waffles with low sugar syrup, Milk	Vanillia yogurt, oranges, milk	Pancakes with low sugar syrup, milk
Lunch	Chicken and cheese quesadiila, corn, peaches, milk, veg alt. cheese quesadilla	Penne pasta with cheese, mixed vegetables, peaches, milk, veg alt. pasta with cheese	Chicken and rice casserole, peas, pineapple, milk, veg alt. rice casserole with cheese	Turkey tacos, applesauce, green beans, milk, veg alt. cheese tacos	Whole wheat flat bread pizza, salad, mixed fruit, milk
PM Snack	Chips and salsa, chilled water	Wheat crackers, oranges chilled ice water	Trail mix, 100% low sugar fruit juice	Blueberry muffins, Chilled ice water	Graham crackers, sliced apples, chilled water
	27	28	29	30	31
AM Snack	CLOSED	Whole grain cereal & Milk	Cheese omlets, Milk	Vanillia yogurt, blueberries, milk	Waffles with low sugar syrup, milk
Lunch		Whole wheat spaghetti bake, green beans, peaches, milk	Cowboy bake bean casserole, corn, mixed fruit, veg alt. veggie sticks	Chicken nuggets, green beans, pears, milk, veg alt. mac and cheese bites	Whole wheat flat bread pizza, salad, mixed fruit, milk
PM Snack		Whole wheat crackers, cheese, chilled water	Trail mix, 100% low sugar fruit juice	Cheese crackers, 100% low sugar fruit juice	Fig newtons, Chilled Ice Water