

May through September Rotating Menu

Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
French Toast Sticks, Orange Slices, Milk*, Water	Cheerios/ Rice Krispies, Banana Slices, Milk, Water	Scrambled Eggs, Whole Grain Toast, Grapes, Milk, Water	Whole Grain Pancakes, Applesauce, Milk, Water	Whole Grain English Muffins, Oatmeal, Fruit Cocktail*, Milk, Water
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Grilled Cheese on W.G. Bread, Carrot Sticks w/ Dip, Baked Chips, Fresh Pears, Milk*	Asian BBQ Chicken Wings, Celery & Dip, W.G. Bread Slice, Apricots, Milk	Beef Tacos on Soft Tortillas, Shredded Lettuce & Cheese, Salsa, Mexican Brown Rice, Orange Slices, Milk	Italian Chicken Breast Bites, Pasta w/ Spinach & Tomatoes & Cheese, W. G. Garlic Bread, Peaches, Milk	Mushroom/ Cheese Pizza on W. G. Crust, Romaine Salad w/ Tomatoes & Cucumbers, Cantelope, Milk
A.M. SNACK	A.M. SNACK	A.M. SNACK	A.M. SNACK	A.M. SNACK
W. G. Cinnamon Crisps, Milk	Mini Graham Crackers, Banana Circles, Milk	Apple & Cheese Slices & Milk*	Halos, Whole Grain Crackers, Milk	Vanilla Gold Fish, Milk
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
All Beef Meatball Subs on W. G. Bun, Vegetable Blend w/ Cauliflower & Carrots, Honeydew, Milk*	Caesar Chicken Salad w/ Romaine, Shredded Carrots, Cheddar & Grapes, W.G. Rolls, Strawberries, Milk	Tuna & Celery Pasta Salad, Cucumber Sticks, W.G. Bread, Watermelon, Milk	Gyros on W. G. Pita, Orzo w/ Roasted Zucchini, Peppers & Onions, Fresh Blueberries, Milk	Oven Roasted Turkey & Cheese on W.G. Bread, Tomato & Cucumber Salad, Baked Chips, Fresh Fruit Salad, Milk
A.M. SNACK	A.M. SNACK	A.M. SNACK	A.M. SNACK	A.M. SNACK
Animal Crackers, Applesauce, Milk*	Frozen Gogurt, Whole Grain Crackers & Water	Whole Grain Tortilla Chips, Salsa, Milk	Whole Grain Cereal Bar, Milk	Banana Circles, Whole Grain Crackers, Milk
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Chicken Breast Patties on W. G. Bun, Baked Chips, Broccoli Salad w/ Shredded, Carrots & Grapes, Milk*	Swedish Meatballs, Noodles, Green Beans, W. G. Rolls, Sliced Pears, Milk	Oven Baked Chicken Breast, Spanish Rice & Beans, Tossed Salad w/ Lettuce & Tomatoes, W. G. Bread, Cantelope, Milk	Meatloaf Sandwiches on W. G. Bun, Macaroni Salad w/ Bell Peppers & Onions, Pickles, Apricots, Milk	Deli Chicken & Cheese on W. G. Wraps, Baked Chips, Celery Sticks & Dip, Orange Slices, Milk
A.M. SNACK	A.M. SNACK	A.M. SNACK	A.M. SNACK	A.M. SNACK
Vanilla Frozen Yogurt, Whole Grain Crackers, Water	Graham Crackers, Banana, Milk	Chex Mix, Halos, Milk	Whole Grain Cinnamon Crisps, Milk	Vanilla Gold Fish, Milk
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
W. G. Breaded Chicken Breast Tenders, Corn on the Cobb, W. G. Rolls, Watermelon, Milk*	Oven Baked Cod Fillets, Roasted Potatoes, W. G. Bread, Cantelope, Milk	Chicken Fajitas w/ Onions & Peppers on Whole Grain Wrap, Steamed Broccoli, Blueberries, Milk	Homemade Macaroni and Cheese, Vegetable Blend w/ Cauliflower & Carrots, W. G. Bread, Strawberries, Milk	Sloppy Joes on Whole Grain Buns, Baked Chips, Zucchini Sticks, Pickles, Apple Slices, Milk
A.M. SNACK	A.M. SNACK	A.M. SNACK	A.M. SNACK	A.M. SNACK
Cheese Sticks, Grapes, Water	Yogurt Parfait w/ Bananas and Granola, Water	Carrot Sticks, Dip, Whole Grain Crackers, Milk	Whole Grain Chips, Salsa, Water	Animal Crackers, Apple Sauce, Milk

Snacks may include: 3-5yr. Milk 1/2 cup. Fruit or Vegetable 1/2 cup each. Grain 1/2 Slice. Protein 1/2 oz.

Snacks may include: 6-12 yr., Milk 1 cup, Fruit or Vegetable 3/4 cup each, Grain 1 Slice, Protein 1 oz.

Serving Size for Children Age 3-5

Meat Group	1 1/2 oz.
Fruit and Veg.	1/4 cup each
Grain Group	1/2 Slice
Milk Group	3/4 Cup

Serving Size for Children Age 6-12

Meat Group	2 oz.
Fruit 1/4 cup,	Veg. 1/2 Cup
Grain Group	1 Slice
Milk Group	1 Cup

This institution is an equal opportunity provider.

*All milk served is 1% Water is offered.

*Fruit Cocktail consists of peaches, pears, grapefruit, pineapple & cherries.

*Tropical Fruit Salad consists of pineapple, red & yellow papaya & guava

W.G. - Whole Grain

Revised 2/22/19

Updated 10/20/20