



## MAY 2017

<u><b>5/15-5/19</b></u>	<u><b>Monday</b></u>	<u><b>Tuesday</b></u>	<u><b>Wednesday</b></u>	<u><b>THURSDAY</b></u>	<u><b>Friday</b></u>
<b>Breakfast 7:30am-9:30am</b>	<b>Milk 1 % Apple Cinnamon Waffles</b>	<b>Milk 1% Corn Muffins</b>	<b>Milk 1% Apples and Graham Crackers</b>	<b>Milk 1% French Toast Sticks</b>	<b>Milk 1% Scrambled Eggs and cheese</b>
<b>Lunch 10:45am-11:15a m</b>	<b>Whole Grain Pasta with a light garlic butter sauce</b>	<b>Chicken Stew with Potatoes and Veggies</b>	<b>Turkey Burger Sliders and mashed potatoes</b>	<b>Lentil Soup</b>	<b>Fish Tacos</b>
<b>Mid- morning Snack 2:00pm-2:30pm</b>	<b>Apple Slices and raisins</b>	<b>Cheesy garlic bread</b>	<b>Fresh yogurt pops</b>	<b>Cheese and Animal crackers</b>	<b>Little muffin bites</b>
<b>Afternoon Snack 2 4:00pm-4:30pm</b>	<b>Baked French Fries</b>	<b>Black bean dip and pita</b>	<b>Pretzels and oranges</b>	<b>Cheerios</b>	<b>Oatmeal</b>
<b>Supper 6:00pm-6:30pm</b>	<b>Roasted quinoa stir fry with garlic and onions over organic brown rice</b>	<b>Grilled fish with baked potatoes and side of vegetables</b>	<b>Turkey, rice, and bean burrito</b>	<b>Grilled Chicken breast with brown rice and veggies</b>	<b>Three bean chili with puree vegetables and lean turkey meat</b>

**We will try our best to stay as close to our menu as possible. Different fruits or snacks will depend on availability.**

**We do not use anything frozen other than vegetables, canned, or packaged.**

**All meals are cooked on the premises daily and all of our ingredients are fresh and either all natural or organic.**



