

May 2019

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		B – Pancakes, berries S – Cottage cheese, peaches L – Pineapple chicken, rice, peas, grapes, cucumbers S – Carrots, cucumbers, hummus	B – Eggs, toast, oranges S- Quesadilla L – Gr. Cheese, tomato soup, broccoli, pears, applesauce S- Trail Mix	B – English Muffin, fruit S – Cottage cheese, pineapple L – Turkey taco, rice, beans oranges, apples S – Rice cake, sunbutter, raisins
6	7	8	9	10
B – Oatmeal, berries S – Cottage cheese, peaches L – Spaghetti, peas, apples, celery S – Oranges and cheese	B – Sausage, oranges, toast S – Popcorn, raisins L – Lentils, rice, red peppers, pears, carrots S – Crackers, cream cheese, cucumbers	B – Cereal, banana S – Apples, sun butter L – Tuna sandwich, fries, grapes, celery, cauliflower S- Rice Cake, sunbutter, raisins	B – Hashbrowns, eggs, oranges S – Quesadilla L – Chicken noodle soup, wh. wheat roll, applesauce, peas S – Carrots, cucumbers hummus	B – Smoothie, almonds S – Cheese and crackers L – Mini-Pizza, olives, peaches, broccoli S – Trail Mix
13	14	15	16	17
B – Yogurt, berries, granola S- Apples and cheese L – Turkey burger, fries, pears & peaches S- Carrots, cucumbers, hummus	B – Cereal, banana S – Quesadilla L – Baked chicken bites, quinoa, red peppers, peas, grapes S – Trail Mix	B – Pancakes, berries S – Cottage cheese, peaches L – Pineapple chicken, rice, peas, grapes, cucumbers S – Chips and salsa	B – Eggs, toast, oranges S- Carrots, cucumbers, hummus L – Gr. Cheese, tomato soup, broccoli, pears, applesauce S- Trail Mix	B – English Muffin, fruit S – Cottage cheese, pineapple L – Turkey taco, rice, beans oranges, apples S – Celery, sunbutter, raisins
20	21	22	23	24
B – Oatmeal, berries S – Cottage cheese, peaches L – Spaghetti, peas, apples, celery S – Oranges and cheese	B – Sausage, oranges, toast S – Popcorn, raisins L – Lentils, rice, red peppers, pears, carrots S – Crackers, cream cheese, cucumbers	B – Cereal, banana S – Apples, sun butter L – Tuna sandwich, fries, grapes, celery, cauliflower S- Rice Cake, sunbutter, raisins	B – Hashbrowns, eggs, oranges S – Quesadilla L – Chicken noodle soup, wh. wheat roll, applesauce, peas S – Carrots, cucumbers hummus	NO SCHOOL!
27	28	29	30	31
NO SCHOOL!	B – Cereal, banana S – Quesadilla L – Baked chicken bites, quinoa, red peppers, peas, grapes S – Trail Mix	B – Pancakes, berries S – Cottage cheese, peaches L – Pineapple chicken, rice, peas, grapes, cucumbers S – Chips and salsa	B – Eggs, toast, oranges S- Carrots, cucumbers, hummus L – Gr. Cheese, tomato soup, broccoli, pears, applesauce S- Trail Mix	B – English Muffin, fruit S – Cottage cheese, pineapple L – Turkey taco, rice, beans oranges, apples S – Celery, sunbutter, raisins