



May 2017 Full Year

Monday May 1 Day 14	Tuesday May 2 Day 14	Wednesday May 3 Day 1	Thursday May 4 Day 2	Friday May 5 Day 3
Breakfast Whole Grain Pop Tart 1 Banana 1/2cup 1% Milk 3/4cup	Breakfast Corn Flakes 1/3cup 100% Orange Juice 1/2cup 1% Milk 3/4cup	Breakfast English Muffin ½ w/cheese Pineapples 1/2cup 1% Milk 3/4cup	Breakfast Biscuit ½ w/Gravy Orange Juice 1/2cup 1% Milk 3/4cup	Breakfast Butter Toast ½ Egg 1/2 Mixed Fruit 1/2cup 1% Milk 3/4cup
Lunch Meatloaf Cn. Label 1 1/2oz. w/sauce Mashed Potatoes 1/2cup Roll ½ Fruit Salad 1/2cup 1% Milk 3/4cup	Lunch Fish Sticks Cn. 1 1/2oz. Label Mustard Greens 1/2cup Macaroni & Cheese 1/2cup Fresh Fruit 1/2cup 1% Milk 3/4cup	Lunch Ham, Chicken or Turkey Sandwich 1 1/2oz. on bread or wrap w/lettuce tomato pickle Pork N Beans 1/2cup Banana 1/2cup 1% Milk 3/4cup	Lunch Chicken Nuggets Cn. Label 1 1/2oz. Sweet Potato 1/2cup Roll 1/2 Peaches 1/2cup 1% Milk 3/4cup	Lunch Pizza Cn. Label 1 1/2oz. Salad w/ lettuce tomato cucumber 1/2cup Fresh Fruit 1/2cup 1% Milk 3/4cup
Snack Ritz Crackers 4 1% Milk 1/2cup Water	Snack Chex Mix 1/2cup 1% Milk 1/2cup Water	Snack Saltine Crackers 4 w/cheese 100% Orange Juice 1/2cup Water	Snack Vanilla Wafers 1/2cup 1% Milk 1/2cup Water	Snack 100% Fruit Smoothie 1/2cup Saltines 4/cheese Water

Monday May 8 Day 4	Tuesday May 9 Day 5	Wednesday May 10 Day 6	Thursday May 11 Day 7	Friday May 12 Day 8
Breakfast Whole Grain Cereal Bar 1 Strawberries 1/2cup 1% Milk 3/4cup	Breakfast Rice Krispy's 1/3cup 100% Juice 1/2cup 1% Milk 3/4cup	Breakfast Oatmeal 1/4cup Banana 1/2cup 1% Milk 3/4cup	Breakfast Pancakes 1 Sausage 1/2 Mixed Fruit 1/2cup 1% Milk 3/4cup	Breakfast Cinnamon Toast 1/2 Fresh Pineapples 1/2cup 1% Milk 3/4cup
Lunch Vegetable Beef Soup 1/2cup Grilled Ham & Cheese Sandwich 1 1/2oz meat/cheese Mixed Fruit 1/2cup 1% Milk 3/4cup	Lunch Pinto Beans 3/8cup Macaroni & tomatoes 1/2cup Cooked Apples 1/2cup Corn Bread ½ 1% Milk 3/4cup	Lunch Cheeseburger 1 oz. meat Cn. Label 1/2oz. cheese on bun w/Lettuce tomato pickle Fries 1/2cup Pears 1/2cup 1% Milk 3/4 cup	Lunch Rib Patty CN Label 1 1/2oz. meat on Bun ½ Vegetable Medley 1/2cup Mixed Fruit 1/2cup 1% Milk 3/4cup	Lunch Steak Cn. Label 1 1/2oz. W/Gravy Peas & Carrots 1/2cup Roll ½ Fresh Fruit 1/2cup 1% Milk 3/4cup
Snack Cheese It Crackers 1/2cup 100% Orange juice 1/2cup Water	Snack Ritz Crackers 4 1% Milk 1/2cup Water	Snack Goldfish Crackers 1/2cup 100% Fruit Juice 1/2cup Water	Snack Yogurt 1/2cup Fresh Fruit 1/2cup Water	Snack Bran Muffin 1 1% Milk 1/2cup Water

Monday May 15 Day 9	Tuesday May 16 Day 10	Wednesday May 17 Day 11	Thursday May 18 Day 12	Friday May 19 Day 13
Breakfast Whole Grain Cereal Bar 1 Banana 1/2cup 1% Milk 3/4cup	Breakfast French Toast Sticks 2 Applesauce 1/2cup 1% Milk 3/4cup	Breakfast Cheerios 1/3cup 100% Orange juice 1/2cup 1% Milk 3/4cup	Breakfast Cheese Toast 1/2 Strawberries 1/2cup 1% Milk 3/4cup	Breakfast Blueberry Muffin 1 Fresh Pineapples 1/2cup 1% Milk 3/4cup
Lunch Chicken Noodle Soup 1/2cup CN Label Chicken 1 1/2oz. Salad w/ lettuce tomato 1/2cup Crackers 4 Strawberries 1/2cup 1% Milk 3/4cup	Lunch Hotdog on bun 1/2 bread 1 1/2oz. meat Cole slaw 1/2cup Mandarin Oranges 1/2cup 1% milk 3/4cup	Lunch Soft Taco w/ meat 1 1/2oz.-1/2 bread w/ Lettuce Tomato 1/2cup Fresh Fruit 1/2cup 1% Milk 3/4cup	Lunch Chicken Tenders 1 1/2oz. Green Beans 1/2cup Mixed Fruit 1/2cup Roll 1/2 1% Milk 3/4cup	Lunch Spaghetti w/ meat 1 1/2oz. Corn 1/2cup Fresh Fruit 1/2cup Roll 1/2 1% Milk 3/4cup
Snack Fig Bar 1 1% Milk 1/2cup Water	Snack Peanut Butter Sandwich 1/2 w/ 1% Milk 1/2cup Water	Snack Rice Krispy Treat 1 1% Milk 1/2cup Water	Snack Oatmeal Cookie 1 100% Fruit Juice 1/2cup 1/2cup Water	Snack Graham Crackers 4 1% Milk 1/2cup Water

Monday May 22 Day 14	Tuesday May 23 Day 15	Wednesday May 24 Day 1	Thursday May 25 Day 2	Friday May 26 Day 3
Breakfast Whole Grain Pop Tart 1 Banana 1/2cup 1% Milk 3/4cup	Breakfast Corn Flakes 1/3cup 100% Orange Juice 1/2cup 1% Milk 3/4cup	Breakfast English Muffin ½ w/cheese Pineapples 1/2cup 1% Milk 3/4cup	Breakfast Biscuit ½ w/Gravy Orange Juice 1/2cup 1% Milk 3/4cup	Breakfast Butter Toast ½ Egg 1/2 Mixed Fruit 1/2cup 1% Milk 3/4cup
Lunch Meatloaf Cn. Label 1 1/2oz. w/sauce Mashed Potatoes 1/2cup Roll ½ Fruit Salad 1/2cup 1% Milk 3/4cup	Lunch Fish Sticks Cn. 1 1/2oz. Label Mustard Greens 1/2cup Macaroni & Cheese 1/2cup Fresh Fruit 1/2cup 1% Milk 3/4cup	Lunch Ham, Chicken or Turkey Sandwich 1 1/2oz. on bread or wrap w/lettuce tomato pickle Pork N Beans 1/2cup Banana 1/2cup 1% Milk 3/4cup	Lunch Chicken Nuggets Cn. Label 1 1/2oz. Sweet Potato 1/2cup Roll 1/2 Peaches 1/2cup 1% Milk 3/4cup	Lunch Pizza Cn. Label 1 1/2oz. Salad w/ lettuce tomato cucumber 1/2cup Fresh Fruit 1/2cup 1% Milk 3/4cup
Snack Ritz Crackers 4 1% Milk 1/2cup Water	Snack Chex Mix 1/2cup 1% Milk 1/2cup Water	Snack Saltine Crackers 4 w/cheese 100% Orange Juice 1/2cup Water	Snack Vanilla Wafers 1/2cup 1% Milk 1/2cup Water	Snack 100% Fruit Smoothie 1/2cup Saltines 4/cheese Water

Monday May 29	Tuesday May 30 Day 4	Wednesday May 31 Day 5	Thursday Jun 1	Friday June 2
Holiday	Breakfast Whole Grain Cereal Bar 1 Strawberries 1/2cup 1% Milk 3/4cup	Breakfast Rice Krispy's 1/3cup 100% Juice 1/2cup 1% Milk 3/4cup		
	Lunch Vegetable Beef Soup 1/2cup Grilled Ham & Cheese Sandwich 1 1/2oz meat/cheese Mixed Fruit 1/2cup 1% Milk 3/4cup	Lunch Pinto Beans 3/8cup Macaroni & tomatoes 1/2cup Cooked Apples 1/2cup Corn Bread ½ 1% Milk 3/4cup		
	Snack Cheese It Crackers 1/2cup 100% Orange juice 1/2cup Water	Snack Ritz Crackers 4 1% Milk 1/2cup Water		