

Early Learning Center Menu May 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Breakfast: French toast sticks w/syrup, & fruit Lunch: cheesy chicken & rice casserole, broccoli, fruit Snack: Pretzels & fruit	2 Breakfast: Cheerios cereal & fruit Lunch: Soft shell (wg) beef tacos, lettuce, tomatoes, refried beans, rice, & fruit Snack: yogurt, fresh fruit & Graham Crackers	3 Breakfast: sausage biscuit & fruit cup Lunch: Pizza, salad with ranch dressing, corn & fruit Snack: Cheese and crackers (wg) & apple juice
6 Breakfast: Pancakes w/syrup, & applesauce Lunch: Spaghetti (wg) and meatballs, salad w/ ranch & diced peaches Snack: Goldfish & diced peaches	7 Breakfast: Yogurt, fresh fruit, & Granola Lunch: Salisbury Steak w/gravy, mashed potatoes, green beans, sliced wheat bread (wg), & pears Snack: Graham crackers, mixed fruit	8 Breakfast: Blueberry Muffins, & pineapple Lunch: Chicken Sandwich, tater tots, corn, and pineapple Snack: Apple Slices, yogurt & granola (wg)	9 Breakfast: English muffin w/jelly & banana Lunch: Beef Stew w/mixed veggies, cornbread, & mandarin oranges Snack: Sun Chips (wg), cheese cubes, & pears	10 Breakfast: Sausage Biscuits & diced peaches Lunch: Pizza, salad w/ranch & applesauce Snack: Cheese and crackers (wg) & apple juice
13 Breakfast: Waffles w/syrup & fruit Lunch: Teriyaki meatballs, rice (wg), green beans, & fruit Snack: cheese-its & applesauce	14 Breakfast: Yogurt, fresh fruit & granola Lunch: Pasta (wg) Alfredo w/ grilled chicken, broccoli, & fruit Snack: Graham crackers, fruit	15 Breakfast: French toast w/syrup & fruit Lunch: Meatloaf, mashed potatoes, mixed veggies, roll (wg) & fruit Snack: Pretzels & fruit	16 Breakfast: Cheerios cereal & fruit Lunch: Soft shell (wg) beef tacos, lettuce, tomatoes, refried beans, rice, & fruit Snack: yogurt, fresh fruit	17 Breakfast: Sausage Biscuits & diced peaches Lunch: Pizza, salad w/ranch & applesauce Snack: Cheese and crackers (wg) & apple juice
20 Breakfast: Pancakes w/syrup, fruit Lunch: Steak fingers, steak fries, carrots, roll (wg) Snack: Fruit & Goldfish	21 Breakfast: Yogurt, fresh fruit & granola Lunch: Fried rice (wg), egg rolls, peas, & fruit Snack: Sun chips (wg) & fruit	22 Breakfast: Blueberry Muffins, & pineapple Lunch: Spaghetti (wg) and meatballs, salad w/ranch & diced peaches Snack: Apple Slices, yogurt & granola (wg)	23 Breakfast: English Muffin with jelly & fruit Lunch: cheeseburger on bun (wg), baked beans, pickles & fruit Snack: Cheese nips & fruit	24 Breakfast: sausage biscuit & fruit Lunch: Pizza, salad, & fruit Snack: Cheese and crackers (wg), mixed fruit
27 Memorial Day No School	28 May Break No School	29 May Break No School	30 May Break No School	

*wg = whole grain

- **Milk** is served at Breakfast and Lunch. (Whole Milk for 1-2 year olds; 1% for ages 3 and up.)
- **Water** is served at snack.