

May

(Mid-Day Snack)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
4 30	1 Hummus with Veggies	2 Tomato Soup with Grilled Cheese on Multigrain Bread	3 Sekihan with Melon	4 Tacos with Corn Tortillas Pinto Beans, Cabbage. Sweet Potato and Avacado	5 Orzo with Peas, Green Onion and Lemon
1 7	8 Yogurt with Honey, Almonds, and Fruit	9 Fried Rice with Broccoli and Carrots	10 Edamame Succotash	11 Roasted Red Potatoes with Apspargus	12 Sunflower Butter with Pretzles and Fruit
2 14	15 Shirazi with Chickpeas and Whole Wheat Pitas	16 Chard Pesto with Pasta	17 Apricot Scones with Milk	18 Oatmeal with Strawberries	19 Bean, Tomato,Cheese Dip with Chips
3 21	22 Mac and Cheese with Green Beans	23 Blueberry Pancakes with Milk	24 Tropical Smoothies with Sweet Potato Crackers	25 Spring Quinoa with Zucchini , feta and Dried Cherries	26 Potato Leek Soup
4 28	29 Hummus with Veggies	30 Tomato Soup with Grilled Cheese on Multigrain Bread	31 Sekihan with Melon	1 Tacos with Corn Tortillas Pinto Beans, Cabbage. Sweet Potato and Avacado	2 Orzo with Peas, Green Onion and Lemon
<p><u>Organic Milk & Water are offered at every meal.</u> <u>(Whole Milk for Sun, 1% for Star & M/C)</u> <u>Organic Produce is used when available</u> <u>Wheat Germ and Nutritional Yeast is a source of Iron, Potassium, and B Vitamins</u></p>					

May

(PM Snack)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
2 30	1 Hummus Carrots	2 Apple Sauce Oat Bran Crackers	3 Cheddar Cheese Organic Fruit	4 Dried Apricots 7 grain Crackers	5 Plantain Chips Colby Jack Cheese
1 7	8 String Cheese Organic Fruit	9 Orange Juice Multi-Grain Chips	10 Stone Ground Crackers Bananas & Raisins	11 Wheat Crackers Organic Fruit	12 Multigrain Tortilla Chips Organic Fruit
2 14	15 Hummus Carrots	16 Apple Sauce Oat Bran Crackers	17 Cheddar Cheese Organic Fruit	18 Dried Apricots 7 grain Crackers	19 Plantain Chips Colby Jack Cheese
1 21	22 String Cheese Organic Fruit	23 Orange Juice Multi-Grain Chips	24 Stone Ground Crackers Bananas & Raisins	25 Wheat Crackers Organic Fruit	26 Multigrain Tortilla Chips Organic Fruit
2 28	29 Hummus Carrots	30 Apple Sauce Oat Bran Crackers	31 Cheddar Cheese Organic Fruit	1 Dried Apricots 7 grain Crackers	2 Plantain Chips Colby Jack Cheese
<p><u>Organic Milk & Water are offered at every meal.</u></p> <p><u>(Whole Milk for Sun, 1% for Star & M/C)</u></p> <p><u>Organic Produce is used when available</u></p> <p><u>Wheat Germ and Nutritional Yeast is a source of Iron, Potassium, and B Vitamins</u></p>					