### EC Menus May 2018

Purple-Breakfast Meat/Meat Alternate

#### Red-Fresh Fruit Blue-Fresh Vegetables Green-Snack Meat/Meat Alternate Brown-Whole Grain Food



Milk is served with breakfast and with snack

Monday	Tuesday	Wednesday	Thursday	Friday
· ·	5/1	5/2	5/3	5/4
	Whole Wheat English Muffin/Sun Butter Mixed Fruit	Unsweetened Cereal Banana	Blueberry Bagel Half Fresh Orange Wedges	Whole Grain Pancake Applesauce
	Homemade Seasoned Chicken Wrap Roasted Zucchini Sticks/Honey Mustard Dressing Cantaloupe Cubes	Hot Cheese Slider Seasoned Potato Wedges Mandarin Oranges	Homemade Turkey Meatballs & Gravy Brown Rice Peas Pineapple Tidbits	Honey Glazed Chicken Drumstick Green Beans Diced Peaches Challah
	Cereal Snack Mix	Strawberries	Diced Pears	Fresh Red Grapes
5/7	5/8	5/9	5/10	5/11
Unsweetened Cereal Mixed Fruit	Whole Grain Biscuit Strawberries	Unsweetened Cereal Diced Peaches	Whole Wheat Toast Scrambled Eggs Tropical Fruit	Belgian Waffle Banana
Cheese Quesadilla Salsa Corn on the Cob Honeydew	Chili French Fries Applesauce Cornbread	Pizza Bagel Green Beans Fresh Orange Wedges	Deli Turkey Pita Hummus Roasted Carrot & Zucchini Sticks	Homemade Chicken Nuggets/Honey Mustard Baked Sweet Potato Cinnamon Apple Slices Challah
Pretzels	Cantaloupe	Cinnamon Graham Snack	Fresh Pear	Whole Grain Bagel Half/ Cr. Cheese

### EC Menus May 2018

Red-Fresh Fruit Blue-Fresh Vegetables Green-Snack Meat/Meat Alternate
Purple-Breakfast Meat/Meat Alternate Brown-Whole Grain Food



Milk is served with breakfast and with snack

Monday	Tuesday	Wednesday	Thursday	Friday
5/14	5/15	5/16	5/17	5/18
Unsweetened Cereal	Blueberry Bagel Half	Unsweetened Cereal	Whole Grain Pancake	Whl Wht Toast/Hard
Diced Peaches	Strawberries	Banana	Tropical Fruit	Boiled Egg Half
				Pineapple Tidbits
Tomato Soup	Homemade Turkey	Baked Tilapia	Seasoned Taco Meat	Seasoned Chicken
Toasted Cheese Dippers	Burger on Slider Bun	Rainbow Rice	Shredded Lettuce	Drumsticks
(whole wheat bread)	Seasoned Potato Wedges	Green Beans	Diced Tomatoes/Salsa	Maple Glazed Sliced
Fresh Honeydew Cubes	Pineapple Tidbits	Mixed Fruit	Flour Tortilla	Carrots
			Fresh Orange Wedges	Mixed Fruit
				Challah
Fresh Apple Wedges	Graham Crackers/Sun	Fresh Pear	Peaches/Oat Granola	Soft Pretzel Bites/Honey
	Butter			Mustard Dip
5/21	5/22	5/23	5/24	5/25
Unsweetened Cereal	Cinnamon Wheat Toast	Oat Granola	Whole Grain Bagel	Professional
Mixed Fruit	Apricot Halves	Banana	Half/Cream Cheese	Development Day
			Tropical Fruit	No Meal Service
Mexican Cheese Pizza	Hamburger Sliders	Tuna Salad	Ziti Pasta w/Meat	
Shredded Lettuce	Mini Potato Pancakes	Roasted Carrot Sticks	Sauce	
Diced Tomatoes	Watermelon	w/Russian Dressing	Green Salad/Caesar	
Salsa		Fresh Red Grapes	Dressing	
Cantaloupe		Mini Pretzel Bread	Fresh Pear	
		Sticks		
Yogurt/Diced Peaches	Pineapple Tidbits	Cinnamon Graham	Applesauce	
		Snack		

### EC Menus May 2018

Red-Fresh Fruit Blue-Fresh Vegetables Green-Snack Meat/Meat Alternate Purple-Breakfast Meat/Meat Alternate

# Brown-Whole Grain Food



Milk is served with breakfast and with snack

Monday	Tuesday	Wednesday	Thursday	Friday
5/28	5/29	5/30	5/31	
Memorial Day	Belgian Waffle	Unsweetened Cereal	Whole Grain Biscuit	
No Meal Service	Diced Peaches	Strawberries	Mandarin Oranges	
	Scrambled Eggs	Cheese Pizza	Sloppy Joes	
	w/Smoked Turkey	Cucumber Slices w/	Sweet Corn	
	Hash Brown Potatoes	Ranch Dressing	Pineapple Tidbits	
	Fresh Red Grapes	Tropical Fruit	Slider Bun	
	Whl Wheat English			
	Muffin Half			
	Fresh Orange Wedges	Fresh Banana	Carrot Fries w/Russian	
			Dip	

## **Early Childhood Special Menus May 2018**



Red-Vegetarian Green-No red meat Blue-No Dairy No-Turkey Purple-No Eggs No-Fish

Milk is served with breakfast and snack

Monday	Tuesday	Wednesday	Thursday	Friday
Ţ.	5/1	5/2	5/3	5/4
	Whole Wheat English Muffin/Sun Butter Mixed Fruit	Unsweetened Cereal Banana	Blueberry Bagel Half Fresh Orange Wedges	Whole Grain Pancake Applesauce
	Homemade Seasoned Chicken Wrap Seasoned Tofu Wrap Roasted Zucchini Sticks/Honey Mustard Dressing Cantaloupe Cubes	Hot Cheese Slider Egg Salad Slider Seasoned Potato Wedges Mandarin Oranges	Homemade Turkey Meatballs & Gravy Homemade Tofu Patties & Gravy Brown Rice Peas Pineapple Tidbits	Honey Glazed Chicken Drumstick Seasoned Veggie Burger Green Beans Diced Peaches Challah
	Cereal Snack Mix	Strawberries	Diced Pears	Fresh Red Grapes
5/7	5/8	5/9	5/10	5/11
Unsweetened Cereal Mixed Fruit	Whole Grain Biscuit Strawberries	Unsweetened Cereal Diced Peaches	Whole Wheat Toast Scrambled Eggs Tropical Fruit	Belgian Waffle Banana
Cheese Quesadilla Scrambled Egg Quesadilla Salsa Corn on the Cob Honeydew	Chili Tofu Chili Tofu Chili French Fries Applesauce Cornbread	Pizza Bagel Homemade Veggie Burger Pizza (no cheese) Green Beans Fresh Orange Wedges	Deli Turkey Pita Hardboiled Egg Pita Hummus Roasted Carrot & Zucchini Sticks	Homemade Chicken Nuggets/Honey Mustard Seasoned Tofu Nuggets Baked Sweet Potato Cinnamon Apple Slices Challah
Pretzels	Cantaloupe	Cinnamon Graham Snack	Fresh Pear	Whole Grain Bagel Half/ Cr. Cheese

## **Early Childhood Special Menus May 2018**



Red-Vegetarian Green-No red meat Blue-No Dairy No-Turkey Purple-No Eggs No-Fish

Milk is served with breakfast and snack

Monday	Tuesday	Wednesday	Thursday	Friday
5/14	5/15	5/16	5/17	5/18
Unsweetened Cereal	Blueberry Bagel Half	Unsweetened Cereal	Whole Grain Pancake	Whl Wht Toast/Hard
Diced Peaches	Strawberries	Banana	Tropical Fruit	Boiled Egg Half
				Pineapple Tidbits
Tomato Soup	Homemade Turkey	Baked Tilapia	Seasoned Taco Meat	Seasoned Chicken
Toasted Cheese Dippers	Burger on Slider Bun	Egg Salad/Whole	Taco Seasoned Tofu	Drumsticks
Sun Butter on Whl Wht	Homemade Veggie	Wheat Bread	Crumbles	Seasoned Veggie Burger
Bread	Burger on Slider Bun	Egg Salad/Whole	Taco Seasoned Tofu	Maple Glazed Sliced
Fresh Honeydew Cubes	Seasoned Potato Wedges	Wheat Bread	Crumbles	Carrots
	Pineapple Tidbits		Shredded Lettuce	Mixed Fruit
		Rainbow Rice	Diced Tomatoes/Salsa	Challah
		Green Beans	Flour Tortilla	
		Mixed Fruit	Fresh Orange Wedges	
Fresh Apple Wedges	Graham Crackers/Sun	Fresh Pear	Peaches/Oat Granola	Soft Pretzel Bites/Honey
	Butter			Mustard Dip
5/21	5/22	5/23	5/24	5/25
Unsweetened Cereal	Cinnamon Wheat Toast	Oat Granola	Whole Grain Bagel	Professional
			Whole Grain Bagel Half/Cream Cheese	Professional Development Day
Unsweetened Cereal Mixed Fruit	Cinnamon Wheat Toast Apricot Halves	Oat Granola Banana	Whole Grain Bagel Half/Cream Cheese Tropical Fruit	Professional
Unsweetened Cereal Mixed Fruit  Mexican Cheese Pizza	Cinnamon Wheat Toast Apricot Halves Hamburger Slider	Oat Granola	Whole Grain Bagel Half/Cream Cheese	Professional Development Day
Unsweetened Cereal Mixed Fruit  Mexican Cheese Pizza Mexican Seasoned Tofu	Cinnamon Wheat Toast Apricot Halves  Hamburger Slider Veggie Patty Slider	Oat Granola Banana	Whole Grain Bagel Half/Cream Cheese Tropical Fruit Ziti Pasta w/Meat Sauce	Professional Development Day
Unsweetened Cereal Mixed Fruit  Mexican Cheese Pizza Mexican Seasoned Tofu Crumble Pizza (no cheese)	Cinnamon Wheat Toast Apricot Halves  Hamburger Slider Veggie Patty Slider Veggie Patty Slider	Oat Granola Banana  Tuna Salad  Egg Salad  Egg Salad	Whole Grain Bagel Half/Cream Cheese Tropical Fruit Ziti Pasta w/Meat Sauce Ziti Pasta w/Tofu	Professional Development Day
Unsweetened Cereal Mixed Fruit  Mexican Cheese Pizza Mexican Seasoned Tofu	Cinnamon Wheat Toast Apricot Halves  Hamburger Slider Veggie Patty Slider	Oat Granola Banana Tuna Salad Egg Salad	Whole Grain Bagel Half/Cream Cheese Tropical Fruit Ziti Pasta w/Meat Sauce Ziti Pasta w/Tofu Crumbles	Professional Development Day
Unsweetened Cereal Mixed Fruit  Mexican Cheese Pizza Mexican Seasoned Tofu Crumble Pizza (no cheese)	Cinnamon Wheat Toast Apricot Halves  Hamburger Slider Veggie Patty Slider Veggie Patty Slider	Oat Granola Banana  Tuna Salad Egg Salad Egg Salad Roasted Carrot Sticks w/Russian Dressing	Whole Grain Bagel Half/Cream Cheese Tropical Fruit Ziti Pasta w/Meat Sauce Ziti Pasta w/Tofu	Professional Development Day
Unsweetened Cereal Mixed Fruit  Mexican Cheese Pizza Mexican Seasoned Tofu Crumble Pizza (no cheese) Shredded Lettuce	Cinnamon Wheat Toast Apricot Halves  Hamburger Slider Veggie Patty Slider Veggie Patty Slider Mini Potato Pancakes	Oat Granola Banana  Tuna Salad Egg Salad Egg Salad Roasted Carrot Sticks w/Russian Dressing Fresh Red Grapes	Whole Grain Bagel Half/Cream Cheese Tropical Fruit Ziti Pasta w/Meat Sauce Ziti Pasta w/Tofu Crumbles Ziti Pasta w/Tofu Crumbles	Professional Development Day
Unsweetened Cereal Mixed Fruit  Mexican Cheese Pizza Mexican Seasoned Tofu Crumble Pizza (no cheese) Shredded Lettuce Diced Tomatoes	Cinnamon Wheat Toast Apricot Halves  Hamburger Slider Veggie Patty Slider Veggie Patty Slider Mini Potato Pancakes	Oat Granola Banana  Tuna Salad Egg Salad Egg Salad Roasted Carrot Sticks w/Russian Dressing Fresh Red Grapes Mini Pretzel Bread	Whole Grain Bagel Half/Cream Cheese Tropical Fruit Ziti Pasta w/Meat Sauce Ziti Pasta w/Tofu Crumbles Ziti Pasta w/Tofu Crumbles Green Salad/Caesar	Professional Development Day
Unsweetened Cereal Mixed Fruit  Mexican Cheese Pizza Mexican Seasoned Tofu Crumble Pizza (no cheese) Shredded Lettuce Diced Tomatoes Salsa	Cinnamon Wheat Toast Apricot Halves  Hamburger Slider Veggie Patty Slider Veggie Patty Slider Mini Potato Pancakes	Oat Granola Banana  Tuna Salad Egg Salad Egg Salad Roasted Carrot Sticks w/Russian Dressing Fresh Red Grapes	Whole Grain Bagel Half/Cream Cheese Tropical Fruit Ziti Pasta w/Meat Sauce Ziti Pasta w/Tofu Crumbles Ziti Pasta w/Tofu Crumbles Green Salad/Caesar Dressing	Professional Development Day
Unsweetened Cereal Mixed Fruit  Mexican Cheese Pizza Mexican Seasoned Tofu Crumble Pizza (no cheese) Shredded Lettuce Diced Tomatoes Salsa Cantaloupe	Cinnamon Wheat Toast Apricot Halves  Hamburger Slider Veggie Patty Slider Veggie Patty Slider Mini Potato Pancakes Watermelon	Oat Granola Banana  Tuna Salad Egg Salad Egg Salad Roasted Carrot Sticks w/Russian Dressing Fresh Red Grapes Mini Pretzel Bread Sticks	Whole Grain Bagel Half/Cream Cheese Tropical Fruit Ziti Pasta w/Meat Sauce Ziti Pasta w/Tofu Crumbles Ziti Pasta w/Tofu Crumbles Green Salad/Caesar	Professional Development Day
Unsweetened Cereal Mixed Fruit  Mexican Cheese Pizza Mexican Seasoned Tofu Crumble Pizza (no cheese) Shredded Lettuce Diced Tomatoes Salsa	Cinnamon Wheat Toast Apricot Halves  Hamburger Slider Veggie Patty Slider Veggie Patty Slider Mini Potato Pancakes	Oat Granola Banana  Tuna Salad Egg Salad Egg Salad Roasted Carrot Sticks w/Russian Dressing Fresh Red Grapes Mini Pretzel Bread Sticks  Cinnamon Graham	Whole Grain Bagel Half/Cream Cheese Tropical Fruit Ziti Pasta w/Meat Sauce Ziti Pasta w/Tofu Crumbles Ziti Pasta w/Tofu Crumbles Green Salad/Caesar Dressing	Professional Development Day
Unsweetened Cereal Mixed Fruit  Mexican Cheese Pizza Mexican Seasoned Tofu Crumble Pizza (no cheese) Shredded Lettuce Diced Tomatoes Salsa Cantaloupe	Cinnamon Wheat Toast Apricot Halves  Hamburger Slider Veggie Patty Slider Veggie Patty Slider Mini Potato Pancakes Watermelon	Oat Granola Banana  Tuna Salad Egg Salad Egg Salad Roasted Carrot Sticks w/Russian Dressing Fresh Red Grapes Mini Pretzel Bread Sticks	Whole Grain Bagel Half/Cream Cheese Tropical Fruit Ziti Pasta w/Meat Sauce Ziti Pasta w/Tofu Crumbles Ziti Pasta w/Tofu Crumbles Green Salad/Caesar Dressing Fresh Pear	Professional Development Day

## **Early Childhood Special Menus May 2018**



Red-Vegetarian Green-No red meat Blue-No Dairy No-Turkey Purple-No Eggs No-Fish

Milk is served with breakfast and snack

Monday	Tuesday	Wednesday	Thursday	Friday
5/28	5/29	5/30	5/31	
Memorial Day	Belgian Waffle	Unsweetened Cereal	Whole Grain Biscuit	
No Meal Service	Diced Peaches	Strawberries	Mandarin Oranges	
	Scrambled Eggs	Cheese Pizza	Sloppy Joes	
	w/Smoked Turkey	Homemade Veggie	Sloppy Veggie Patty	
	Scrambled Eggs	Burger Pizza (no	Crumbles	
	Smoked Turkey	cheese)	Sloppy Veggie Patty	
	Hash Brown Potatoes	Cucumber Slices w/	Crumbles	
	Fresh Red Grapes	Ranch Dressing	Sweet Corn	
	Whl Wheat English	Tropical Fruit	Pineapple Tidbits	
	Muffin Half		Slider Bun	
	Fresh Orange Wedges	Fresh Banana	Carrot Fries w/Russian	
			Dip	