## Early Childhood Menus May 2016



Milk is included with breakfast and snack

| Monday  | Tuesday  | Wednesday   | Thursday   | Friday  |
|---|--|---|--|---|
| 5/2 Wk 1  | 5/3  | 5/4   | 5/5  | 5/6   |
| Cereal<br>Mixed Fruit   | Pancake<br>Cantaloupe Cubes<br>Milk  | Cereal<br>Banana<br>Milk  | Whole Wheat Toast<br>(1/2)<br>Scrambled Eggs/Red<br>Pepper<br>Diced Pears                    | Blueberry Muffin<br>Diced Peaches<br>Milk   |
| Egg Salad<br>Cheese Squares<br>Wheat Crackers<br>Broccoli w/Ranch<br>Fresh Red Grapes<br>Orange Juice | Meatballs<br>Oodles of Noodles<br>Green Salad/Golden<br>Italian Dressing<br>Peaches<br>Pineapple Juice             | Pizza Bagel<br>Green Beans<br>Fresh Orange Wedges<br>Apple Juice  | Milk<br>Deli Turkey Wrap<br>Hummus<br>Carrot Sticks<br>Apple Juice                           | Homemade Chicken<br>Nuggets/Honey<br>Mustard<br>Baked Sweet Potatoes<br>Baked Apple Slices<br>Challah<br>Orange Juice |
| Apples/Soy Butter   | Cereal Snack Mix   | Cinnamon Graham<br>Snack  | Tropical Fruit/Vanilla<br>Pudding  | Bagel Half/ Cr. Cheese  |
| 5/9 Wk 2  | 5/10   | 5/11  | 5/12   | 5/13  |
| Cereal<br>Diced Peaches   | Blueberry Bagel<br>Strawberries  | Cereal<br>Banana Half   | French Toast Sticks<br>Tropical Fruit  | English Muffin Half<br>Diced Pears  |
| Tomato Soup<br>Grilled Cheese Dippers<br>Green Beans<br>Orange Juice                                  | Taco TuesdaySeasoned Taco MeatShredded LettuceDiced Tomatoes/SalsaFlour TortillaFresh Orange WedgesPineapple Juice | Baked Tilapia<br>Rainbow Rice*<br>*br rice, barley, bulgur,<br>`carrots, peppers, spinach<br>Fresh Red Grapes<br>Dinner Roll<br>Pineapple Juice | Homemade Turkey<br>Burger on Slider Bun<br>French Fries<br>Pineapple Tidbits<br>Orange Juice | Honey Glazed Chicken<br>Drumsticks<br>Seasoned Potato<br>Wedges<br>Mixed Fruit<br>Orange Juice                        |
| Fresh Apple   | Banana Bread   | Graham<br>Crackers/Applesauce   | Peach Crisp  | Fresh Fruit   |

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| 5/17<br>Cinnamon Wheat Toast<br>Apricot Halves<br>Hamburger/Bun<br>Tater Tots | 5/18<br>Fruit Oat Granola<br>Banana<br>Tuna Salad  | 5/19<br>Bagel/Cream Cheese<br>Tropical Fruit   | 5/20<br>Biscuit<br>Applesauce   |
|---|--|--|---|
| Apricot Halves<br>Hamburger/Bun   | Banana   | 0  |   |
| Hamburger/Bun   |  | Tropical Fruit   | Applesauce  |
| 5   | Tuna Salad   |  |   |
|   | Carrot/Celery Sticks   | Pasta Shells w/Meat<br>Sauce   | Homemade Oven Fried<br>Chicken Strips   |
| Fresh Annle Wedges  | · ·  |  | Mashed Sweet Potatoes   |
|   | 0  |  | Pineapple Tidbits   |
| orange suice  | -  | 0  | Orange Juice  |
|   | Apple Juice  | Pineapple Juice  | Challah   |
| Pineapple Tidbits   | Whole Wheat<br>Crackers<br>Cheese Slices   | Cereal Snack Mix   | Diced Peaches & Pears   |
| 5/24  | 5/25   | 5/26   | 5/27  |
| Mini Bagel  | Cereal   | English Muffin Half  | EC Closed   |
| <b>Diced Peaches</b>  | Banana   | Mandarin Oranges   |   |
| Taco Tuesday  | Cheese Pizza   | Stir Fry Green Rice,   |   |
| Seasoned Taco Meat  | Broccoli/Russian   | Eggs, Smoked Turkey  |   |
| Shredded Lettuce  | Dressing   | Green Salad  |   |
| Diced Tomatoes/Salsa  | Fresh Apple Wedges   | w/Tomatoes /Ranch  |   |
| Flour Tortilla  | Orange Juice   | Dressing   |   |
| -   |  |  |   |
|   |  |  |   |
| Fresh Orange Wedges   | 8  | <b>Blueberry Bagel Half</b>  |   |
|   | Crackers   |  |   |
|   |  |  |   |
|   | Tater Tots<br>Fresh Apple Wedges<br>Orange Juice<br>Pineapple Tidbits<br>5/24<br>Mini Bagel<br>Diced Peaches<br><u>Taco Tuesday</u><br>Seasoned Taco Meat<br>Shredded Lettuce<br>Diced Tomatoes/Salsa<br>Flour Tortilla<br>Tropical Fruit<br>Pineapple Juice | Tater TotsCarrot/Celery SticksFresh Apple WedgesWRussian DressingOrange JuiceRed GrapesPretzel Bread SticksApple JuicePineapple TidbitsWhole WheatCrackersCheese Slices5/245/25Mini BagelCerealDiced PeachesBananaShredded LettuceDressingDiced Tomatoes/SalsaFresh Apple WedgesFlour TortillaOrange Juice | Tater Tots<br>Fresh Apple Wedges<br>Orange JuiceCarrot/Celery Sticks<br>w/Russian Dressing<br>Red Grapes<br>Pretzel Bread Sticks<br>Apple JuiceSauce<br>Green Salad/Caesar<br>Dressing<br>Fresh Pear<br>Pineapple JuicePineapple TidbitsWhole Wheat<br>Crackers<br>Cheese SlicesCereal Snack Mix5/245/255/26Mini Bagel<br>Diced PeachesCereal<br>BananaEnglish Muffin Half<br>Mandarin OrangesTaco Tuesday<br>Shredded Lettuce<br>Diced Tomatoes/Salsa<br>Flour Tortilla<br>Tropical Fruit<br>Pineapple JuiceCheese Pizza<br>Broccoli/Russian<br>Dressing<br>Fresh Apple Wedges<br>Orange JuiceStir Fry Green Rice,<br>Eggs, Smoked Turkey<br>Green Salad<br>w/Tomatoes /Ranch<br>Dressing<br>Pressing<br>Fresh Apple Juice |

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| Monday    |      | Tuesday          | Wednesday | Thursday | Friday |
|-----------|------|------------------|-----------|----------|--------|
| 5/30      | Wk 5 | 5/31             |           |          |        |
| EC Closed |      | Waffle           |           |          |        |
|           |      | Applesauce       |           |          |        |
|           |      | Milk             |           |          |        |
|           |      | Seasoned Chicken |           |          |        |
|           |      | Strips           |           |          |        |
|           |      | Creamy Rotini    |           |          |        |
|           |      | Peas and Carrots |           |          |        |
|           |      | Tropical Fruit   |           |          |        |
|           |      | Pineapple Juice  |           |          |        |
|           |      |                  |           |          |        |
|           |      | Shortbread Mini  |           |          |        |
|           |      | Cookies          |           |          |        |
|           |      |                  |           |          |        |