

EC Menus May 2017

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



Milk is served with breakfast and with snack.

5/1	Wk 5	5/2	5/3	5/4	5/5
Unsweetened Cereal Mixed Fruit		Pancake Strawberry Topping	Oatmeal Cinnamon Apple Slices	Whole Wheat English Muffin Half Apricot Halves	Whole Wheat Bread(1) Hard Boiled Egg Diced Peaches
Pizza Bagel Seasoned Green Beans Pineapple Tidbits		Taco Tuesday Seasoned Taco Meat Shredded Lettuce Diced Tomatoes/Salsa Flour Tortilla Fresh Orange Wedges	Hot Cheese Slider Roasted Veggies Fresh Pear	Spaghetti and Meatballs Green Salad/Italian Dressing Mandarin Oranges	Chicken Drumsticks Sweet Peas Fresh Banana Challah
Fresh Apple Wedges/Sun Butter		Cereal Snack Mix	Pretzel Bread Stick/Honey Mustard	Cantaloupe/Kiwi	Pineapple Tidbits/Cottage Cheese
5/8	Wk 1	5/9	5/10	5/11	5/12
Unsweetened Cereal Diced Peaches		Biscuit Margarine Fresh Cantaloupe Cubes	Unsweetened Cereal Fresh Banana	Bagel/Cream Cheese Mandarin Oranges	French Toast Sticks Applesauce
Cheese Quesadilla/Salsa Corn on the Cob Honeydew Cubes		BBQ Burgers Sweet Potato Fries Applesauce Whl Wht Roll	Mac and Cheese Roasted Green Beans Fresh Strawberries	Scrambled Eggs w/Smoked Turkey Hash Brown Potatoes Fresh Red Grapes Whole Wheat Bread	Chicken Strips Roasted Zucchini Sticks/Ranch Dressing Watermelon Cubes Challah
Applesauce/Graham Crackers		Diced Pears	Carrot Fries w/Veggie Dip	Pretzels	Yogurt/Granola Topping

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5/15	Wk 2	5/16	5/17	5/18	5/19
Unsweetened Cereal Mixed Fruit		Whl Wht Toast/Sun Butter Pineapple Tidbits	Unsweetened Cereal Fresh Banana	Mini Bagel/Margarine Tropical Fruit	Pancake Strawberry Topping
Cheese Pizza Cucumber Slices Creamy Italian Dressing Fresh Apple Wedges		<u>Taco Tuesday</u> Seasoned Taco Meat Shredded Lettuce/Diced Tomatoes/Salsa Flour Tortilla Fresh Orange Wedges	Tomato Mac Soup Cheese Cubes Fresh Red Grapes Mini Pretzel Sticks	Hamburgers Baked Beans Pineapple Tidbits/Mandarin Oranges Whl Wht Roll	Hot Turkey/Gravy Mashed Potatoes Diced Peaches Challah
Fresh Honeydew/Kiwi		Soft Pretzel Bites/Honey Mustard	Hummus/Whl Wheat Cracker	Fresh Pear	Fresh Banana
5/22	Wk 3	5/23	5/24	5/25	5/26
Unsweetened Cereal Diced Pears		Scrambled Eggs Fresh Red Grapes	Unsweetened Cereal Fresh Banana	Mini Bagel/Sun Butter Mandarin Oranges	French Toast Sticks Applesauce
Baked Cheesy Ziti Cucumber Slices/Creamy Italian Dressing Watermelon		Mini Chicken Sliders Roasted Zucchini Sticks/Russian Dressing Fresh Orange Wedges	Baked Tilapia Au Gratin Potatoes Fresh Strawberries	Steak Soup Green Salad w/Russian Dressing Cornbread	Hawaiian Chicken Toasted Cous Cous Seasoned Baby Carrots Pineapple Tidbits
Cereal Snack Mix		Diced Peaches	Homemade Oatmeal Cookie	Peachy Rice	String Cheese

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5/28	Wk 4	5/29	5/30	5/31	
Unsweetened Cereal Diced Peaches		Biscuit Fresh Red Grapes	Unsweetened Cereal Fresh Banana	Whole Wheat Toast Hard Boiled Egg Apricot Halves	
Mac and Cheese Broccoli w/Ranch Honeydew/Blueberries		<u>Taco Tuesday</u> Seasoned Taco Meat Shredded Lettuce/Diced Tomatoes/Salsa Flour Tortilla Fresh Orange Wedges	Tomato Rotini Soup Toasted Cheese Dippers Fresh Pear	Turkey Meatballs/Gravy Brown Rice Seasoned Green Beans Pineapple Tidbits	
Vanilla Yogurt/Strawberries		Cheese Crackers	Carrot Fries/Russian Dressing	Cantaloupe/Kiwi	