

EC Menus May 2019

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
		5/1	5/2	5/3
Unsweetened Cereal Diced Peaches	Whl Grain Bagel/Cream Cheese Fresh Orange Wedges	Unsweetened Cereal Fresh Banana	Whl Grain Biscuit Mixed Fruit	French Toast Fresh Strawberries
Cheesy Pita Pizza Cucumber Slices w/ Ranch Dressing Tropical Fruit	Scrambled Eggs Roasted Potatoes Fresh Red Grapes Belgian Waffle	Baked Tilapia Rainbow Rice Broccoli & Cauliflower Diced Pears Whole Wheat Roll	Taco Spaghetti Mexi Corn Fresh Honeydew	Seasoned Chicken Drumsticks Sweet Potato Wedges Applesauce Challah
Yogurt/Oat Granola	Applesauce/Graham Cracker	Fresh Red Grapes	Snack Mix	Pineapple Tidbits
5/6	5/7	5/8	5/9	5/10 Muffins with Mom
Unsweetened Cereal Diced Pears	Belgian Waffle Tropical Fruit	Unsweetened Cereal Fresh Banana	Cinnamon Whl Wht Toast Pineapple Tidbits	Whole Grain Bagel w/ Cream Cheese Cantaloupe & Honeydew
Cheesy Ziti Pasta Green Salad/Ranch Dressing Fresh Red Grapes	Southwestern Chicken Strips Texas Rice Green Beans Fresh Apple	Vegetable Soup Cheesy Bagel Fresh Honeydew	Homemade Turkey Burger/Whl Wht Roll Corn on the Cob Strawberries	BBQ Glazed Chicken Drumsticks Maple Glazed Carrot Sticks Mixed Fruit Challah
Peaches/Oat Granola	Hummus/Pita Wedges	Sun Butter/Graham Crackers	Fresh Pear	Soft Pretzel Bites/Honey Mustard Dip

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Monday	Tuesday	Wednesday	Thursday	Friday
5/13	5/14	5/15	5/16	5/17
Unsweetened Cereal Diced Peaches	Whole Grain Biscuit Warm Cinnamon Apples	Unsweetened Cereal Fresh Banana	Whole Grain Pancake Tropical Fruit	Whole Wheat Toast/Hard Boiled Egg Fresh Orange Wedges
Baked Tilapia Au Gratin Potatoes Fresh Strawberries Whole Wheat Roll	Stir Fry Chicken Lo Mein Noodles Sweet Peas Pineapple Tidbits	Cheese Pita Pizza Cucumber Slices w/ Russian Dressing Mandarin Oranges	Hamburger on Whole Wheat Roll French Fries Fresh Apple	Homemade Chicken Strips/Honey Mustard Green Beans Diced Peaches Challah
Cheese Crackers	Fresh Pear	Whole Grain Crackers/Sun Butter	Snack Mix	Watermelon
5/20	5/21	5/22	5/23	5/24
Oatmeal Diced Peaches	Whole Wheat English Muffin Half Diced Pears & Blueberries	Unsweetened Cereal Fresh Banana	Belgian Waffle Tropical Fruit	Whole Wheat Toast Cranberry Applesauce
Mac and Cheese Broccoli Fresh Strawberries	Beef Soft Taco Shredded Lettuce Diced Tomatoes/Salsa Fresh Orange Wedges	Tuna Salad Carrot Sticks Fresh Red Grapes Whole Grain Crackers	Homemade Sweet & Sour Meatballs Veggie Patty/ Veggie Patty Mashed Potatoes Pineapple Tidbits Whole Wheat Roll	Orange Glazed Chicken Drums Green Salad/Ranch Dressing Mixed Fruit Challah
Carrot Fries/Russian Dressing	Fresh Apple	Diced Peaches/Cottage Cheese	Cantaloupe/Kiwi	Fresh Pear

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5/27	5/28	5/29	5/30	5/31
Unsweetened Cereal Diced Peaches	Whole Wheat Bagel/Cream Cheese Fresh Orange Wedges	Unsweetened Cereal Fresh Banana	French Toast Fresh Strawberries	Whole Grain Biscuit Mixed Fruit
Pizza Bagel Green Salad w/Cherry Tomatoes & Zucchini Tropical Fruit	Deli Turkey Pita Hummus Roasted Carrots & Red Pepper	Baked Tilapia Rainbow Rice Broccoli/Cauliflower Diced Peaches	Taco Spaghetti Mexi Corn Honeydew & Craisins	Seasoned Chicken Drumsticks Sweet Potato Wedges Applesauce Challah
Cantaloupe & Kiwi	Sun Butter/Wheat Crackers	Tropical Fruit	Snack Mix	Fresh Red Grapes

Early Childhood Special Menus April 2019



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

Milk is served with breakfast and snack Fresh fruit is subject to change depending on availability

Monday	Tuesday	Wednesday	Thursday	Friday
		5/1	5/2	5/3
		Unsweetened Cereal Fresh Banana	Whl Grain Biscuit Mixed Fruit	French Toast Fresh Strawberries
		Baked Tilapia Veggie Patty Rainbow Rice Broccoli & Cauliflower Diced Pears Whole Wheat Roll	Taco Spaghetti Seasoned Tofu Crumbles/ Seasoned Tofu Crumbles Mexi Corn	Seasoned Chicken Drumsticks Seasoned Tofu Strips Applesauce Challah
		Fresh Red Grapes	Snack Mix	Pineapple Tidbits
5/6	5/7	5/8	5/9	5/10 Muffins with Mom
Unsweetened Cereal Diced Pears	Belgian Waffle Tropical Fruit	Unsweetened Cereal Fresh Banana	Cinnamon Whl Wht Toast Pineapple Tidbits	Whole Grain Bagel w/ Cream Cheese Cantaloupe & Honeydew
Cheesy Ziti Pasta Tofu Crumbles w/Ziti Pasta Green Salad/Ranch Dressing Fresh Red Grapes	Southwestern Chicken Strips Southwestern Tofu Strips Texas Rice Green Beans Fresh Apple	Vegetable Soup Cheesy Bagel Hard Boiled Egg w/Bagel Fresh Honeydew	Homemade Turkey Burger/Whl Wht Roll Homemade Veggie Patty/Whl Wht Roll Corn on the Cob Strawberries	BBQ Glazed Chicken Drumsticks BBQ Glazed Tofu Slices Maple Glazed Carrot Sticks Mixed Fruit Challah
Peaches/Oat Granola	Hummus/Pita Wedges	Sun Butter/Graham Crackers	Fresh Pear	Soft Pretzel Bites/Honey Mustard Dip

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Baked Tilapia Scrambled Eggs Au Gratin Potatoes Fresh Strawberries Whole Wheat Roll	Stir Fry Chicken Stir Fried Tofu Lo Mein Noodles Sweet Peas Pineapple Tidbits	Cheese Pita Pizza Pizza w/Tofu Crumbles Cucumber Slices w/ Russian Dressing Mandarin Oranges	Hamburger on Whole Wheat Roll Veggie Patty on Slider Bun/ Veggie Patty on Slider Bun French Fries Fresh Apple	Homemade Chicken Strips/Honey Mustard Seasoned Tofu Strips/Honey Mustard Green Beans Diced Peaches Challah
Cheese Crackers	Fresh Pear	Whole Grain Crackers/Sun Butter	Snack Mix	Watermelon
5/20	5/21	5/22	5/23	5/24
Oatmeal Diced Peaches	Whole Wheat English Muffin Half Diced Pears& Blueberries	Unsweetened Cereal Fresh Banana	Belgian Waffle Tropical Fruit	Whole Wheat Toast Cranberry Applesauce
Mac and Cheese Seasoned Mac & Tofu Broccoli Fresh Strawberries	Beef Soft Taco Veggie Crumbles/Veggie Crumbles/Veggie Crumbles Shredded Lettuce Diced Tomatoes/Salsa Fresh Orange Wedges	Tuna Salad Hard Boiled Egg Tuna w/o Mayonnaise Carrot Sticks Fresh Red Grapes Whole Grain Crackers	Homemade Sweet & Sour Meatballs Sweet & Sour Veggie Patty/ Sweet & Sour Veggie Patty Mashed Potatoes Pineapple Tidbits Whole Wheat Roll	Orange Glazed Chicken Drums Orange Glazed Tofu Slices Green Salad/Ranch Dressing Mixed Fruit Challah
Carrot Fries/Russian Dressing	Fresh Apple	Diced Peaches/Cottage Cheese	Cantaloupe/Kiwi	Fresh Pear

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Pizza Bagel Pizza Bagel w/Tofu Crumbles Green Salad w/Cherry Tomatoes & Zucchini Tropical Fruit	Deli Turkey Pita Seasoned Tofu Slices Hummus Roasted Carrots & Red Pepper	Baked Tilapia Veggie Patty Rainbow Rice Broccoli/Cauliflower Diced Peaches	Taco Spaghetti Taco Seasoned Tofu Crumbles Pasta Taco Seasoned Tofu Crumbles Pasta Mexi Corn Honeydew & Craisins	Seasoned Chicken Drumsticks Veggie Patty Sweet Potato Wedges Applesauce Challah
Cantaloupe & Kiwi	Sun Butter/Wheat Crackers	Tropical Fruit	Snack Mix	Fresh Red Grapes