

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
	5/1	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

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

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

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

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	<p>Scrambled Eggs w/Smoked Turkey Scrambled Eggs Smoked Turkey Hash Brown Potatoes Fresh Red Grapes Whl Wheat English Muffin Half</p>	<p>Cheese Pizza Homemade Veggie Burger Pizza (no cheese) Cucumber Slices w/ Ranch Dressing Tropical Fruit</p>	<p>Sloppy Joes Sloppy Veggie Patty Crumbles Sloppy Veggie Patty Crumbles Sweet Corn Pineapple Tidbits Slider Bun</p>	
	<p>Fresh Orange Wedges</p>	<p>Fresh Banana</p>	<p>Carrot Fries w/Russian Dip</p>	