

FROM THE HEART - MAY 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Breakfast: WG Kix, Fruit, Milk</p> <p>Lunch: <i>Taco Bowl</i> Ground Turkey, Pinto Beans, Corn, WG Brown Rice, Milk</p> <p>Snack: Animal Crackers, Milk</p>	<p>3</p> <p>Breakfast: Pancakes, Fruit, Milk</p> <p>Lunch: <i>BBQ Pulled Chicken</i> Chicken, WG Bun, Baked Beans, Fruit, Milk</p> <p>Snack: Cheese, Pretzels</p>	<p>4</p> <p>Breakfast: WG Life Cereal, Fruit, Milk</p> <p>Lunch: <i>Spaghetti & Meatballs</i> Meatballs, WG Pasta, Mixed Vegetables, Salad, Milk</p> <p>Snack: WG Wheat Thins, 100% Fruit Juice</p>	<p>5</p> <p>Breakfast: Waffles, Fruit, Milk</p> <p>Lunch: <i>Teriyaki Chicken</i> Chicken, WG Brown Rice, Mixed Vegetables, Fruit, Milk</p> <p>Snack: Ritz, String Cheese</p>	<p>6</p> <p>Breakfast: WG Cheerios, Fruit, Milk</p> <p>Lunch: <i>Chicken Salad</i> Chicken, Salad, WG Pita Bread, Fruit, Milk</p> <p>Snack: WG Graham Crackers, Milk</p>
<p>9</p> <p>Breakfast: French Toast Sticks, Fruit, Milk</p> <p>Lunch: <i>Chicken Alfredo</i> Chicken, WG Pasta, Broccoli, Fruit, Milk</p> <p>Snack: Yogurt. Granola</p>	<p>10</p> <p>Breakfast: Waffles, Fruit, Milk</p> <p>Lunch: <i>Chicken Patty Sandwich</i> Breaded Chicken, WG Bun, Carrot Sticks, Fruit, Milk</p> <p>Snack: WG Chex Mix, 100% Fruit Juice</p>	<p>11</p> <p>Breakfast: WG Rice Chex, Fruit, Milk</p> <p>Lunch: <i>Taco</i> Ground Turkey, Pinto Beans, WG Corn Tortilla, Fruit, Milk</p> <p>Snack: WG Wheat Thins, Cheese</p>	<p>12</p> <p>Breakfast: Biscuits, Fruit, Milk</p> <p>Lunch: <i>BBQ Meatballs</i> Meatballs, Mashed Potatoes, WG Dinner Roll, Baked Beans, Milk</p> <p>Snack: WG Goldfish, 100% Juice</p>	<p>13</p> <p>Breakfast: Rice Krispies, Fruit, Milk</p> <p>Lunch: <i>Chicken Cesar Salad</i> Chicken, Salad, WG Pita Bread, Cucumber, Milk</p> <p>Snack: Animal Crackers, Milk</p>
<p>16</p> <p>Breakfast: Waffles, Fruit, Milk</p> <p>Lunch: <i>Chili</i> Ground Turkey, Kidney Beans, WG Brown Rice, Corn, Milk</p> <p>Snack: Pretzels. Cheese</p>	<p>17</p> <p>Breakfast: WG Corn Chex, Fruit, Milk</p> <p>Lunch: <i>Meatball Sub</i> Meatball, WG Sub Roll, Tater Tots, Cole Slaw, Milk</p> <p>Snack: WG Graham Crackers, Milk</p>	<p>18</p> <p>Breakfast: Special K, Fruit, Milk</p> <p>Lunch: <i>Penne Pasta</i> Ground Turkey, WG Penne Pasta, Peas, Fruit, Milk</p> <p>Snack: WG Cheez Its, 100% Fruit Juice</p>	<p>19</p> <p>Breakfast: Pancakes, Fruit, Milk</p> <p>Lunch: <i>Sloppy Joes</i> Ground Turkey, WG Bun, Waffle Fries, Fruit, Milk</p> <p>Snack: WG Chex Mix, 100% Fruit Juice</p>	<p>20</p> <p>Breakfast: WG Cheerios, Fruit, Milk</p> <p>Lunch: <i>Asian Chicken Salad</i> Chicken, Salad, WG Pita Bread, Fruit, Milk</p> <p>Snack: Yogurt. Granola</p>
<p>23</p> <p>Breakfast: Waffles, Fruit, Milk</p> <p>Lunch: <i>Chicken Taco</i> Chicken, WG Corn Tortilla, Fruit, Refried Beans, Milk</p> <p>Snack: WG Goldfish, 100% Fruit Juice</p>	<p>24</p> <p>Breakfast: English Muffins, Fruit, Milk</p> <p>Lunch: <i>Burger Slider</i>, WG Bun, Tater Tots, Fruit, Milk</p> <p>Snack: Cheese, Pretzels</p>	<p>25</p> <p>Breakfast: Biscuits, Fruit, Milk</p> <p>Lunch: <i>Spaghetti</i> Ground Turkey, WG Pasta, Mixed Vegetables, Salad, Milk</p> <p>Snack: WG Graham Crackers, Milk</p>	<p>26</p> <p>Breakfast: WG Life Cereal, Fruit, Milk</p> <p>Lunch: <i>Baked Chicken</i> Chicken, WG Brown Rice, Mixed Vegetables, Fruit, Milk</p> <p>Snack: WG Cheez Its, 100% Fruit Juice</p>	<p>27</p> <p>Breakfast: WG Kix, Fruit, Milk</p> <p>Lunch: <i>Turkey Sandwich</i> Sliced Turkey, WG Sliced Bread, Salad, Carrot Sticks, Milk</p> <p>Snack: Wheat Thins, 100% Fruit Juice</p>
<p>30</p>  <p>MEMORIAL DAY Remember & Honor</p>	<p>31</p> <p>Breakfast: Corn Chex, Fruit, Milk</p> <p>Lunch: <i>Taco Bowl</i> Ground Turkey, Pinto Beans, Corn, WG Brown Rice, Milk</p> <p>Snack: Graham Crackers, Yogurt</p>	<p>This institution is an equal opportunity provider.</p> <p>* Menu Subject to Change</p> <p>All Meals Provided by Teach, Learn, Change</p> 		

This menu follows the children's meal pattern minimum serving requirements set forth by the Child and Adult Food Program (CACFP) by serving the following portions:

Breakfast: grain - ½ serving bread or muffin or ¾ cup dry cereal or ¼cup hot cereal; fruit or vegetable- ½cup; milk - ¾cup **1% plain milk**

Lunch: meat/meat alternate - 1½oz; grain - ½ serving bread or ¼cup cooked grain; vegetable - ¼cup; fruit or vegetable - ¼cup; milk- ¾cup **1% plain milk**

Snack (two of the following): meat/meat alternate - ½oz, yogurt 2 oz; grain - ½ serving bread or ¼cup cooked grain; fruit or vegetable- ½cup; milk- ½cup **1% plain milk**

*(WG) = Whole Grain