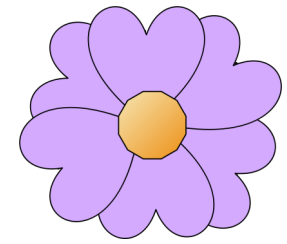




May Menu



Child and Family Centers of Excellence

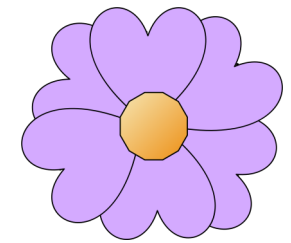
Lunch 2022/2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Grilled Garlic Herb Chicken Breast WW Dinner Roll Peas Fruit Milk 1% 1	Turkey in Gravy Mashed Potato WG Roll Corn Fruit Milk 1% 2	WG Lasagna Roll Up In Marinara Parmesan Cheese Garden Salad w/Dressing Fruit Milk 1% 3	Roast Beef in Gravy Oven Enriched Brown Rice Beets Fruit Milk 1% 4	WG Flat Bread/Focaccia Turkey-Pepperoni-Cheese Or BBQ Chicken Pizza Raw Vegetables w/Ranch Cut Fruit Milk 1% 5
Sloppy Joes WG Sliced Slammer Bun Steamed Carrots Fruit Milk 1% 8	Chicken Tenders w/Sauce WG Dinner Roll Green Beans Fruit Milk 1% 9	Fish Nugget-Fillet w/Tartar Sauce Healthy Slaw Mix w/Dressing on Side WW Bun Fruit Milk 1% 10	Chicken Thigh in Gravy Enriched Long Grain & Wild Rice Spring Salad w/Dressing Fruit Milk 1% 11	Sliced Turkey & Cheese On WW Bun Sliced Tomato, Pickles, Mayo Homemade Soup Chicken Veggie, Cream Tomato, Potato Corn Chowder Fruit & Milk 1% 12
Tempura Chicken Sweet Sour Sauce Enriched Brown Rice w/Vegetables Fruit Milk 1% 15	Meatballs in Gravy Mashed Potatoes Pickle Spears WG Roll Fruit Milk 1% 16	BBQ Shredded Pork WG Sliced Bun Corn Fruit Milk 1% 17	Chicken Parmesan WG Pasta In Marinara Sauce w/Parmesan Garden Salad/Dressing Fruit Milk 1% 18	Mini WG Turkey Corn Dogs w/Ketchup Peas & Carrots Assorted Fruit Salad Milk 1% 19
BBQ Chicken Breast Riviera Vegetables WW Dinner Roll Fruit Milk 1% 22	Nachos w/Seasoned Beef Shredded Cheese, Diced Tomato, Shredded Lettuce, Salsa, MG Tortilla Shell Fruit Milk 1% 23	Italian Chicken Strips w/Sauce WG Macaroni & Cheese Green Beans Fruit Milk 1% 24	Baked Breaded Pork Cutlet Mashed Sweet Potatoes WW Dinner Roll Fruit Milk 1% 25	Turkey Ham Cubes in Cheese Sauce Baby Bakers WG Dinner Roll Assorted Fresh Fruit Salad Milk 1% 26
Closed 29	Sliced Ham & Cheese WW Bread Cauliflower w/ cheese Mayo/Mustard Fruit Salad Milk 1% 30	Hot Roast Beef in Gravy WG Dinner Roll Peas & Carrots Fruit Milk 1% 31	Cheese Ravioli in Marinara w/Mozzarella Winter Blend Vegetables Fruit Milk 1% 1	Baked or Breaded Cod w/Tartar Malibu Vegetables WG Dinner Roll Fruit Milk 1% 2

Whole Milk for 24 Months and Under



May Menu



Child and Family Centers of Excellence

Breakfast/Snacks 2022/2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Swirl Cinnamon Bread w/Spread Fruit & Milk 1% 1 <hr/> MG Tortilla Sun Butter Fruit Milk 1%	WW Toast Scrambled Eggs Fruit & Milk 1% 2 <hr/> Raw Vegetable w/Dip WW Crackers Milk 1%	WG Cereal Fruit Milk 1% 3 <hr/> Cheese Sticks or Spread Pretzels Fruit & Milk 1%	WG Sausage Wrapped Pancakes Fruit & Milk 1% 4 <hr/> Sliced Apple-Mandarin Orange Salad w/Cinnamon Sugar WG Graham Crackers Milk 1%	MG English Muffin w/Jelly or Jam Fruit & Milk 1% 5 <hr/> Rice Cakes B-T-2 Graham Crackers Fruit Water
WG Breakfast Bread Fruit Milk 1% 8 <hr/> Fruit Cottage Cheese Water	WG Enriched Toast Egg Patty Fruit & Milk 1% 9 <hr/> WG Crackers Raw Vegetables w/Dip Milk 1%	WG Cereal Fruit Milk 1% 10 <hr/> WG Muffin Fruit Milk 1%	WW Mini Bagel Warm Canadian Bacon Fruit & Milk 1% 11 <hr/> WG Cereal Snack Mix Fruit Milk 1%	MG English Muffin w/Jelly or Jam Fruit & Milk 1% 12 <hr/> WG Crackers Fruit Water
WG Waffles w/Syrup Fruit Milk 1% 15 <hr/> WG Mini Bagels w/Cream Cheese Fruit Water	WG Bun Chicken Sausage Patty Fruit & Milk 1% 16 <hr/> Fruit Soy Butter WG Crackers Milk 1%	WW French Toast Cinnamon Sugar Fruit & Milk 1% 17 <hr/> WG Snack Mix Fruit Milk 1%	Scrambled Eggs w/Salsa MG Tortilla Fruit & Milk 1% 18 <hr/> WG Assorted Muffin Fruit Milk 1%	WG Cereal Fruit Milk 1% 19 <hr/> WG Graham Crackers Fruit Water
WG Pancakes w/Syrup Fruit Milk 1% 22 <hr/> Yogurt Berries WG Cereal as Topping & Water	WW Toast w/Spread Hard Boiled Eggs Fruit & Milk 1% 23 <hr/> String Cheese Fruit Milk 1%	WG Cereal Fruit Milk 1% 24 <hr/> Apple, Pineapple, Craisin Salad WG Crackers Milk 1%	WG Sliced Roll Chicken Sausage Patties Fruit Milk 1% 25 <hr/> Raw Vegetables w/Dip Pretzels Milk 1%	WG Bagel w/Cream Cheese Fruit Milk 1% 26 <hr/> WG Rice Cakes B-T-2s Graham Fruit & Water
Closed 29	WG Cereal Fruit Milk 1% 30 <hr/> WG Crackers Cheese Spread Fruit & Milk 1%	WG Pancakes w/Syrup Turkey Links Fruit Milk 1% 31 <hr/> WG Crackers Raw Vegetables w/Ranch Milk 1%	WG Roll Warm Canadian Bacon Fruit & Milk 1% 1 <hr/> WG Assorted Muffin Fruit Milk 1%	WG Waffle w/Syrup Fruit Milk 1% 2 <hr/> WG Graham Crackers Fruit Water

Whole Milk for 24 Months and Under

Late snack will be 2 components consisting of either fruit, whole grain, cheese, protein, etc. Choices will vary depending upon availability.