




# May 2023 Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 1 cup 1% milk 2 oz. biscuit w/ jelly 1 turkey sausage 1 cup apple juice ½ cup fruit cocktail</p>	<p>2 1 cup 1% milk 1 egg omelet ½ cup pears 2 sl WW toast 1 cup orange juice</p>	<p>3 1 cup 1% milk 1½ cup Raisin Bran ½ cup apple sauce 1 cup grape juice 6 oz. blueberry yogurt</p>	<p>4 1 cup 1% milk 2 oz. banana muffin ½ cup peaches 1 boiled egg 1 cup cranberry juice</p>	<p>5 1 cup 1% milk 4 French toast sticks ½ cup Mandarin oranges 6 oz. strawberry yogurt 1 cup pineapple juice</p>
<p>8 1 cup 1% milk 2 oz. biscuit w/ jelly 6 oz strawberry yogurt 1 cup apple juice ½ cup fruit cocktail</p>	<p>9 1 cup 1% milk 1 egg omelet ½ cup pears 2 sl WW toast 1 cup orange juice</p>	<p>10 1 cup 1% milk 1½ cup Raisin Bran ½ cup apple sauce 1 cup grape juice 6 oz. blueberry yogurt</p>	<p>11 1 cup 1% milk 2 oz. banana muffin ½ cup peaches 1 boiled egg 1 cup cranberry juice</p>	<p>12 1 cup 1% milk 4 French toast sticks ½ cup Mandarin oranges 6 oz. strawberry yogurt 1 cup pineapple juice</p>
<p>15 1 cup 1% milk 2 oz. biscuit w/ jelly 1 turkey sausage 1 cup apple juice ½ cup fruit cocktail</p>	<p>16 1 cup 1% milk 1 egg omelet ½ cup pears 2 sl WW toast 1 cup orange juice</p>	<p>17 1 cup 1% milk 1½ cup Raisin Bran ½ cup apple sauce 1 cup grape juice 6 oz. blueberry yogurt</p>	<p>18 1 cup 1% milk 2 oz. banana muffin ½ cup peaches 1 boiled egg 1 cup cranberry juice</p>	<p>19 1 cup 1% milk 4 French toast sticks ½ cup Mandarin oranges 6 oz. strawberry yogurt 1 cup pineapple juice</p>
<p>22 1 cup 1% milk 2 oz. biscuit w/ jelly 6 oz strawberry yogurt 1 cup apple juice ½ cup fruit cocktail</p>	<p>23 1 cup 1% milk 1 egg omelet ½ cup pears 2 sl WW toast 1 cup orange juice</p>	<p>24 1 cup 1% milk 1½ cup Raisin Bran ½ cup apple sauce 1 cup grape juice 6 oz. blueberry yogurt</p>	<p>25 1 cup 1% milk 2 oz. banana muffin ½ cup peaches 1 boiled egg 1 cup cranberry juice</p>	<p>26 1 cup 1% milk 4 French toast sticks ½ cup Mandarin oranges 6 oz. strawberry yogurt 1 cup pineapple juice</p>
<p>29 <b>Center Closed</b></p> 	<p>30 1 cup 1% milk 1 egg omelet ½ cup pears 2 sl WW toast 1 cup orange juice</p>	<p>31 1 cup 1% milk 1½ cup Raisin Bran ½ cup apple sauce 1 cup grape juice 6 oz. blueberry yogurt</p>	<p>WW = Whole Wheat WG = Whole Grain</p>	<p><b>**Menus are subject to change**</b></p> <p>Bread or Cereal is offered daily**</p>



## May 2023 Snack

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> ½ cup cottage cheese ½ cup peaches	<b>2</b> 1 cup 1% milk 8 Graham crackers	<b>3</b> 1 cup 1% milk 1 Nutra-Grain bar	<b>4</b> ½ cup tropical fruit 1 granola bar	<b>5</b> 1 cup apple juice 4 peanut butter crackers
<b>8</b> ½ cup cottage cheese ½ cup peaches	<b>9</b> 1 cup 1% milk 8 Graham crackers	<b>10</b> 1 cup 1 % milk 1 Nutra-Grain bar	<b>11</b> ½ cup tropical fruit 1 granola bar	<b>12</b> 1 cup apple juice 4 peanut butter crackers
<b>15</b> ½ cup cottage cheese ½ cup peaches	<b>16</b> 1 cup 1% milk 8 Graham crackers	<b>17</b> 1 cup 1 % milk 1 Nutra-Grain bar	<b>18</b> ½ cup tropical fruit 1 granola bar	<b>19</b> 1 cup apple juice 4 peanut butter crackers
<b>22</b> ½ cup cottage cheese ½ cup peaches	<b>23</b> 1 cup 1% milk 8 Graham crackers	<b>24</b> 1 cup 1% milk 1 Nutra-Grain bar	<b>25</b> ½ cup tropical fruit 1 granola bar	<b>26</b> 1 cup apple juice 4 peanut butter crackers
<b>29 Center Closed</b> 	<b>30</b> 1 cup 1% milk 8 Graham crackers	<b>31</b> 1 cup 1% milk 1 Nutra-Grain bar		<b>**Menus are subject to change**</b>  <b>**Substitutes are offered for special diets**</b>