

MAY MENU



Monday	Tuesday	Wednesday	Thursday	Friday
3 B: Mandarin Orange/ Turkey Sausage L: Grilled Italian Chicken on WG Bun Carrots Apple Slices S: Pears/Yogurt	4 B: Peaches/Oatmeal L: CN Meatloaf Mashed Potatoes Peas WG Bread S: Hummus/WG Pita	5 B: Orange/ WG Blueberry Muffin L: Chicken Tacos on WG Tortilla Refried Beans Mangos S: Applesauce/Grahams	6 B: Mixed Fruit/WG Toast L: Sloppy Joes on WG Roll ★Zucchini Baked Beans S: Peaches/Milk	7 B: Apple/WG Cheerios L: WG Mac & Cheese Stewed Greens Fruit Cocktail Salad S: Orange/String Cheese
10 B: Pears/CN Egg Patty L: WG CN Chicken Patty Sweet Potato Fries Blueberries S: Apple/WG Grahams	11 B: Mix Fruit & Oatmeal L: Hmong Beef WG Rice Mixed Vegetables Mandarin Oranges S: Pineapple/Milk	12 B: Strawberries/ WG Toast L: Honey Mustard Chicken on WG Bun Green Beans Applesauce S: Pears/Yogurt	13 B: Orange & WG Chex L: WG Beef Goulash Corn Mixed Fruit ★Cucumbers & S: String Cheese	14 B: Apple/WG Cheerios L: CN Fish Patty ★Asparagus Tropical Fruit S: Peaches/Milk
17 B: Apple/WG Cheerios L: CN Hamburger Patty on WG Bun Green Beans Tropical Fruit S: Peaches/Yogurt	18 B: Orange/WG Toast L: Grilled Italian Chicken on WG Bun Carrot Sticks Blueberries S: Mix Fruit/Milk	19 B: Pears/Oatmeal L: WG Rock & Roll Beef Wraps Peaches Cottage Cheese S: WG Breadstick/Marinara	20 B: Applesauce/ Turkey Sausage L: WG Chicken Alfredo Tossed Salad Apricots S: Pineapple/Milk	21 B: Mixed Fruit/Yogurt L: WG CN Maxi Stick Minestrone Soup Apple Slices ★Kohlrabi & S: WG Sunchips
24 B: Pears/WG Chex L: WG Spaghetti Cauliflower Peaches S: WG Pita/Hummus	25 B: Mix Fruit & Yogurt L: BBQ Chicken on WG Bun Peas Applesauce S: Pears/Milk	26 B: Apple Slices/ WG Cheerios L: WG Enchilada Bake Corn Fruit Cocktail WG Crackers/ S: String Cheese	27 B: ★Strawberries/ WG French Toast L: Chicken Drumsticks Black Eyed Peas Yams WG Bread S: ★Radish Tasting	28
31 	<div style="display: flex; align-items: center;"> <div style="margin-left: 20px;"> <h2 style="color: white; background-color: #e91e63; padding: 5px; display: inline-block;">RADISH</h2> </div> </div> <div style="margin-top: 10px;"> <h3 style="color: #e91e63;">Radish Fun Facts</h3> <ul style="list-style-type: none"> -Seeds can germinate in as few as 3 days and can be harvested 3-6 weeks later. -Raw radishes have a peppery taste, but when cooked have a mellow, sweet flavor. </div>			

Menu subject to change. WG= Whole Grain. ★Local Item Substitutions may provided for Early Head Start due to choking hazard.

Milk served daily with breakfast & lunch. Whole milk for children 12-24 months old, low-fat milk to children 2+, water available all day.

Menus developed following USDA CACFP menu planning guidelines. "This institution is an equal opportunity provider"