



May 2024

Daily Menu



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
		<p>1 <u>Breakfast</u> Diced Pears Whole Grain English Muffin w/Grape Jelly *Unflavored Whole/ Skim Milk</p> <p><u>Lunch</u> Macaroni & Cheese Cooked Peas Mixed Fruit *Unflavored Whole/ Skim Milk</p> <p><u>Snack</u> Whole Grain Pizza Crackers Cheese Slices Water</p>	<p>2 <u>Breakfast</u> Whole Grain Kix Cereal Mixed Fruit *Unflavored Whole/ Skim Milk</p> <p><u>Lunch</u> Chicken Salad on a Whole Wheat Dinner Roll Tossed Salad w/Dressing **Carrots Apples *Unflavored Whole/ Skim Milk</p> <p><u>Snack</u> Whole Grain Blueberry Mini Muffins Mozzarella Cheese Sticks Water</p>	<p>3 <u>Breakfast</u> Apples Whole Grain Corn Flakes *Unflavored Whole/ Skim Milk</p> <p><u>Lunch</u> Ground Beef w/Pasta Cooked Green Beans Whole Wheat Dinner Rolls Applesauce *Unflavored Whole/ Skim Milk</p> <p><u>Snack</u> Whole Grain Animal Crackers Apples Water</p>
<p>6 <u>Breakfast</u> Mixed Fruit Whole Grain Rice Krispies *Unflavored Whole/ Skim Milk</p> <p><u>Lunch</u> Make Your Own Ham & Cheese Sandwich Carrot Sticks/ **Green Beans Pears Whole Wheat Bread *Unflavored Whole/ Skim Milk</p> <p><u>Snack</u> Whole Grain Cinnamon Crisp Bites Cheese Slices Water</p>	<p>7 <u>Breakfast</u> Diced Pears Whole Grain Waffles *Unflavored Whole/ Skim Milk</p> <p><u>Lunch</u> Pulled Pork Tossed Salad w/Dressing **Carrots Seasoned Rice w/Kidney Beans Bananas *Unflavored Whole/ Skim Milk</p> <p><u>Snack</u> Whole Grain Veggie Crackers Peaches Water</p>	<p>8 <u>Breakfast</u> Applesauce Whole Grain French Toast Sticks *Unflavored Whole/ Skim Milk</p> <p><u>Lunch</u> Beef Sauce & Pasta Cooked Carrots Whole Wheat Crackers Sliced Apples *Unflavored Whole/ Skim Milk</p> <p><u>Snack</u> Peaches Whole Grain Saltine Crackers Water</p>	<p>9 <u>Breakfast</u> Whole Grain Kix Cereal Mixed Fruit *Unflavored Whole/ Skim Milk</p> <p><u>Lunch</u> Make Your Own Turkey & Cheese Wraps Sweet Potato Fries Apples Whole Grain Tortilla Shells *Unflavored Whole/ Skim Milk</p> <p><u>Snack</u> Applesauce Whole Grain Goldfish Crackers Water</p>	<p>10 <u>Breakfast</u> 100% Orange Juice 100% Whole Grain Bagels *Unflavored Whole/ Skim Milk</p> <p><u>Lunch</u> Diced Turkey Ham & Baked Beans 100% Whole Wheat Bread String Cheese Sticks Peaches *Unflavored Whole/ Skim Milk</p> <p><u>Snack</u> Whole Grain Breadsticks Grapes Water</p>



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<p>13 Breakfast</p> <p>Whole Grain Corn Chex Oranges *Unflavored Whole/ Skim Milk</p> <p>Lunch</p> <p>Yogurt Carrots/ **Green Beans Whole Grain Breadsticks Mozzarella Cheese Sticks/Pears *Unflavored Whole/ Skim Milk</p> <p>Snack</p> <p>String Cheese Oranges Water</p>	<p>14 Breakfast</p> <p>Whole Grain Pancakes 100% Apple Juice *Unflavored Whole/ Skim Milk</p> <p>Lunch</p> <p>Pulled Pork Tossed Salad w/Dressing **Carrots Seasoned Rice Bananas *Unflavored Whole/ Skim Milk</p> <p>Snack</p> <p>Whole Grain Blueberry Lemon Crisp Applesauce Water</p>	<p>15 Breakfast</p> <p>Bananas Whole Grain Cheerios *Unflavored Whole/ Skim Milk</p> <p>Lunch</p> <p>Beef Barbecue on a Whole Wheat Bun Corn Sliced Apples *Unflavored Whole/ Skim Milk</p> <p>Snack</p> <p>Tostado Chips w/Shredded Cheese Water</p>	<p>16 Breakfast</p> <p>100% Orange Juice 100% Whole Wheat Bread w/Cream Cheese *Unflavored Whole/ Skim Milk</p> <p>Lunch</p> <p>Make Your Own Ham & Cheese Wraps Carrots/ ** Green Beans Whole Grain Tortilla Shells Oranges *Unflavored Whole/ Skim Milk</p> <p>Snack</p> <p>Whole Wheat Hard Pretzels Mixed Fruit Water</p>	<p>17 Breakfast</p> <p>Diced Pears 100% Whole Grain Bagels *Unflavored Whole/ Skim Milk</p> <p>Lunch</p> <p>Egg Patties w/Cheese Slices Whole Grain English Muffin Carrots Mixed Fruit *Unflavored Whole/ Skim Milk</p> <p>Snack</p> <p>Whole Grain Educational Crackers Cheese Slices Water</p>
<p>20 Breakfast</p> <p>Diced Pears Whole Grain Waffles *Unflavored Whole/ Skim Milk</p> <p>Lunch</p> <p>Make Your Own Turkey & Cheese Wraps Carrots/ **Green Beans Peaches Whole Grain Tortilla Shells *Unflavored Whole/ Skim Milk</p> <p>Snack</p> <p>Whole Grain Maple Crackers Peaches Water</p>	<p>21 Breakfast</p> <p>Whole Grain Kix Cereal Mixed Fruit *Unflavored Whole/ Skim Milk</p> <p>Lunch</p> <p>Beef Taco Meat w/Tomatoes Shredded Cheese & Lettuce Whole Grain Tortilla Wrap Bananas Cooked Corn *Unflavored Whole/ Skim Milk</p> <p>Snack</p> <p>Whole Grain Soft Pretzel Sticks w/Mustard Applesauce Water</p>	<p>22 Breakfast</p> <p>Bananas Multi Grain Cheerios *Unflavored Whole/ Skim Milk</p> <p>Lunch</p> <p>Chili w/Ground Beef - Kidney Beans & Rice Tossed Salad w/Dressing **Carrots Whole Wheat Crackers Peaches *Unflavored Whole/ Skim Milk</p> <p>Snack</p> <p>Whole Grain Goldfish Crackers Oranges Water</p>	<p>23 Breakfast</p> <p>Apples Multi Grain Corn Flakes *Unflavored Whole/ Skim Milk</p> <p>Lunch</p> <p>Make Your Own Ham & Cheese Wraps Potato Wedges Whole Grain Tortilla Shells Oranges *Unflavored Whole/ Skim Milk</p> <p>Snack</p> <p>Whole Grain Animal Crackers Apples Water</p>	<p>24 Breakfast</p> <p>Oranges Whole Grain French Toast Sticks *Unflavored Whole/ Skim Milk</p> <p>Lunch</p> <p>Fiesta Chicken w/ Pepper & Onion Fajita Shredded Cheese & Lettuce Whole Grain Tortilla Wrap Cooked Mixed Vegetables Applesauce *Unflavored Whole/ Skim Milk</p> <p>Snack</p> <p>Whole Grain Graham Crackers Cheese Slices Water</p>



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<p><u>27</u></p> <p style="text-align: center;">ALL LVCC CENTERS CLOSED</p>	<p><u>28</u> Breakfast</p> <p>Bananas Whole Grain Life Cereal *Unflavored Whole/ Skim Milk</p> <p style="text-align: center;">Lunch</p> <p>Make Your Own Turkey & Cheese Wraps Carrots/ **Green Beans Whole Grain Tortilla Shells Sliced Apples *Unflavored Whole/ Skim Milk</p> <p style="text-align: center;">Snack</p> <p>Whole Grain Blueberry Lemon Crisp Applesauce Water</p>	<p><u>29</u> Breakfast</p> <p>Apple Juice Whole Grain Corn Flakes *Unflavored Whole/ Skim Milk</p> <p style="text-align: center;">Lunch</p> <p>Pulled Pork Tossed Salad w/Dressing **Carrots Seasoned Rice w/Kidney Beans Bananas *Unflavored Whole/ Skim Milk</p> <p style="text-align: center;">Snack</p> <p>Whole Grain Cinnamon Crisp Bites Cheese Slices Water</p>	<p><u>30</u> Breakfast</p> <p>100% Orange Juice 100% Whole Wheat Bread w/Cream Cheese *Unflavored Whole/ Skim Milk</p> <p style="text-align: center;">Lunch</p> <p>Soy Pockets **Cheese Sandwiches Large Hard Boiled Eggs Carrots Apples *Unflavored Whole/ Skim Milk</p> <p style="text-align: center;">Snack</p> <p>Apples Whole Grain Goldfish Crackers Water</p>	<p><u>31</u> Breakfast</p> <p>Applesauce Whole Grain English Muffin *Unflavored Whole/ Skim Milk</p> <p style="text-align: center;">Lunch</p> <p>Chicken, Corn & Kidney Bean Chowder String Cheese Whole Wheat Crackers Applesauce *Unflavored Whole/ Skim Milk</p> <p style="text-align: center;">Snack</p> <p>Soy Butter on Whole Grain Saltine Crackers Water</p>