

**May 2018**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	Dutch Rusk, assorted cereal, assorted flavored yogurt, jams, cheese, and milk	Dutch Rusk, assorted flavored yogurt, jams, cheese, milk, muffins, and banana	Dutch Rusk, assorted cereal, assorted flavored yogurt, jams, cheese, milk, and fruit	Dutch Rusk, assorted cereal, assorted flavored yogurt, jams, cheese, milk, applesauce, and muffins	Dutch Rusk, assorted cereal, assorted flavored yogurt, jams, cheese, milk, cheese, and oranges
<b>Mid-morning snack</b>	Apple, oatmeal muffin, and water	Yogurt, Bran buds cereal, fruit, and water	Canned peaches, whole wheat melba toast, and water	Mixed fruit salad, graham wafers, and water	Apples, loaf bread, and water
<b>Lunch</b>	Macaroni & cheese, broccoli, whole wheat rolls, fruit, and milk	Herbed fish, carrot coins, snow peas & dip milk, and fruit	Homemade pizza, Whole wheat crust (veggies and meat), garden salad, fruit, and milk	Chili rice bowls, squash, peas, fruit, and milk	Cream of potato soup, tuna salad & egg salad whole wheat sandwiches, green and orange vegetable tray with dip, fruit, and milk
<b>Mid-afternoon snack</b>	Baba ganoush or hummus, carrot sticks, bread sticks and water	Banana muffins, unsweetened applesauce, and water	Whole wheat bread sticks, cucumbers strips, with tzatziki dip and water	Guacamole, whole wheat naan wedges, cheese, and water	Graham wafer, cantaloupe, and water

**May**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
supper	Cream of potato soup, tuna salad & egg salad whole wheat sandwiches, green & orange veggie tray with dip, fruit and milk	Macaroni & cheese, Broccoli, whole wheat rolls, fruit, milk	Herbed fish, carrot coins, snow peas, and dip, whole wheat bread fruit and milk	Homemade pizza, with veggies and meat, garden salad, fruit and milk	Chili rice bowls, squash, peas, whole wheat bread, fruit and milk
Late night snack	Graham wafers, cantaloupe and water	Baba ganoush or hummus, carrot sticks, bread sticks, water	Banana muffins, unsweetened apple sauce and water	Whole bread sticks, cucumber strips with tzatziki dip and water	Cereal, and apples, milk and water

**JUNE**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
breakfast	Dutch Rusk, assorted flavored yogurt, jams, cheese and milk	Dutch Rusk, assorted flavored yogurt, jams, cheese, watermelon and milk	Dutch Rusk, assorted cereal, assorted flavored yogurt, jams, cheese, Rhubarb sauce and milk	Dutch Rusk, assorted cereal, assorted flavored yogurt, jams, cheese, muffins and milk	Dutch Rusk, assorted cereal, assorted flavored yogurt, jams, cheese, pineapple and milk
Mid-morning snack	Yogurt, bran buds, watermelon and water	Rhubarb sauce, pancakes and milk	Apple, cheese muffin and water	Mini bagel, cream cheese, pineapple and water	Cereal, fruit and water
Lunch	Macaroni & cheese, green salad, whole wheat rolls, fruit and milk	Tofu stir fry, brown rice, whole wheat bread, orange and green vegetable tray with dip, fruit and milk	Meat loaf muffins, green beans, peas, whole wheat rolls, fruit and milk	Beef barley soup, ham & cheese tortilla wedges, carrot & cucumber sticks, fruit and milk	Tuna or egg salad sandwiches on whole wheat bread, Caesar salad, beets, mandarin oranges and milk
Mid-afternoon snack	Hummus or Baba Ganoush & pita triangles, carrot sticks and water	Maple carrot muffin, apple slices and water	Plums or pears, graham wafer and water	Yogurt, strawberries and water	Veggies & dip, whole wheat pita triangles and water

**JUNE**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
supper	tuna salad & egg salad whole wheat sandwiches, Caesar salad, beets, oranges and milk	Macaroni & cheese, green salad, whole wheat rolls, apple sauce and milk	Tofu stir fry, brown rice, cucumber slices, strawberries whole wheat bread fruit and milk	Meatloaf muffins, green beans/peas, whole wheat bread and butter, fruit and milk	Beef barley soup, ham & cheese tortilla wedges, carrot & pepper sticks, fruit and milk
Late night snack	Cereal, fresh fruit and water	Yogurt, granola and water	Maple carrot muffins, apple and water	Melba toast /cream cheese, cucumber slices and water	Bread sticks, unsweetened apple sauce and water