

# menu for MAY

2023

This institution is an equal opportunity provider. Menus are subject to change.

Happy Mother's Day

# MOM

Sunday May 14th

## Monday, May 1

### Breakfast

Bagel & Cream Cheese  
Cereal  
Pear Cup  
Breakfast Choice Bar

### Lunch

Beef & Cheese Nachos  
Bean & Cheese Nachos  
Salsa  
Garden Bar

## Tuesday, May 2

### Breakfast

Maple French Toast  
Squares  
Cereal  
Juice  
Breakfast Choice Bar

### Lunch

BBQ Pulled Pork  
Sandwich  
Veggie Chili Beans w/  
WG Roll  
Corn  
Garden Bar

## Wednesday, May 3

### Breakfast

Waffles & Sausage  
Cereal  
Mixed Fruit Cup  
Breakfast Choice Bar

### Lunch

Turkey Taco Burger  
Veggie Sub Sandwich  
Potato Wedges  
Garden Bar

## Thursday, May 4

### Breakfast

Muffin  
Cereal  
Juice  
Breakfast Choice Bar

### Lunch

Macaroni & Cheese  
Corn Dog  
Green Beans  
Garden Bar

## Friday, May 5

### Breakfast

Homemade Cinnamon  
Roll  
Cereal  
Sliced Apples  
Breakfast Choice Bar

### Lunch

Chicken Nuggets  
Cheese Stuffed Sticks w/  
Marinara  
French Fries  
Garden Bar

## Monday, May 8

### Breakfast

Breakfast Burrito  
Cereal  
Juice  
Breakfast Garden Bar

### Lunch

Taquitos  
Bean & Cheese Burrito  
Salsa  
Garden Bar

## Tuesday, May 9

### Breakfast

Honey Wheat Bar  
Cereal  
Juice  
Breakfast Garden Bar

### Lunch

Chicken & Waffles  
Yogurt, String Cheese &  
Waffle  
Hash Browns  
Garden Bar

## Wednesday, May 10

### Breakfast

Bacon, Eggs & Toast  
Cereal  
Applesauce Cup  
Breakfast Garden Bar

### Lunch

Hamburger  
Grilled Cheese Sandwich  
French Fries  
Garden Bar

## Thursday, May 11

### Breakfast

Muffin  
Cereal  
Juice  
Breakfast Garden Bar

### Lunch

Sloppy Joes  
WOW Butter & Jelly  
Sandwich  
Carrots  
Garden Bar

## Friday, May 12

### Breakfast

Homemade Hot Pocket  
Cereal  
Peach Cup  
Breakfast Garden Bar

### Lunch

Manager's Choice  
Vegetable Choice  
Garden Bar

## Garden Bar

### Monday

#### Breakfast

Mandarins  
Chilled Mixed Fruit, Apple  
Juice

#### Lunch

Garden Salad (HOM),  
Carrots w/Ranch, Kiwi,  
Chilled Peaches,  
Strawberry Cup

### Wednesday

#### Breakfast

Bananas, Dried Fruit,  
Juice  
Orange Wedges

#### Lunch

Garden Salad (HOM),  
Cucumbers & Tomatoes,  
Chilled Peaches, Bananas,  
Diced Beets (HOM)

### Friday

#### Breakfast

Fresh Fruit, Chilled Mixed  
Fruit, Juice

#### Lunch

Garden Salad (HOM),  
Broccoli (HOM)  
and Carrots,  
Chilled Peaches,  
Fruity Jello  
Fresh Fruit Choice

### Tuesday

#### Breakfast

Kiwi,  
Persimmon  
Chilled Pears, Juice

#### Lunch

Spinach Salad (HOM)  
Sunflower Seeds,  
Applesauce, Jicama,  
Orange Wedges (HOM)

### Thursday

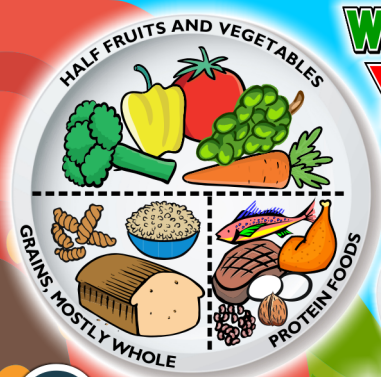
#### Breakfast

Mandarins  
Bananas, Applesauce  
Juice

#### Lunch

Garden Salad (HOM),  
Go-Bonzo Beans,  
Apple Slices w/  
WOW Butter,  
Persimmons  
Fruit Cup

HOM=  
HARVEST OF  
THE MONTH



# What's on YOUR plate?



**Q:** In ancient Egypt, which vegetable did people place their hand on when they swore an oath?

**A:** This is one from the time of the pyramids! Ancient Egyptians swore on an onion, because they believed the onion's round shape represented eternity and truth.

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

## Monday, May 15

### Breakfast

French Toast Sticks  
Cereal  
Peach Cup  
Breakfast Garden Bar

### Lunch

Carnitas Tacos  
Cheese Quesadilla  
Salsa  
Garden Bar

## Tuesday, May 16

### Breakfast

Sausage & Egg English  
Muffin Sandwich  
Cereal  
Fruit  
Breakfast Garden Bar

### Lunch

Chicken Teriyaki Bowl  
Veggie Fried Rice Bowl  
Broccoli Bites  
Garden Bar

## Wednesday, May 17

### Breakfast

Breakfast Pizza  
Cereal  
Peach Cup  
Breakfast Garden Bar

### Lunch

Cheeseburger Sliders  
Grilled Cheese Sandwich  
French Fries  
Garden Bar

## Thursday, May 18

### Breakfast

Breakfast Bar  
Cereal  
Fruit Cup  
Breakfast Garden Bar

### Lunch

Crispy Chicken Sandwich  
Veggie Wrap  
Corn  
Garden Bar

## Friday, May 19

### Breakfast

Strawberry Shortcake  
Cereal  
Peach Cup  
Breakfast Garden Bar

### Lunch

Pepperoni or Cheese  
Pizza  
Garden Salad  
Garden Bar

## Monday, May 22

### Breakfast

Maple French Toast  
Squares  
Cereal  
Applesauce Cup  
Breakfast Garden Bar

### Lunch

Hot Dog  
Veggie Burger  
Potato Smiles  
Garden Bar

## Tuesday, May 23

### Breakfast

Breakfast Burrito  
Cereal  
Fresh Fruit  
Breakfast Garden Bar

### Lunch

Chicken Fajitas  
Cheese Quesadilla  
Refried Beans  
Garden Bar

## Wednesday, May 24

### Breakfast

Pancake & Sausage on a  
Stick  
Cereal  
Peach Cup  
Breakfast Garden Bar

### Lunch

Grilled Ham & Cheese  
Mozzarella Stuffed Sticks  
Carrots  
Fruit  
Garden Bar

## Thursday, May 25

### Breakfast

Waffles & Sausage  
Cereal  
Fruit Cup  
Breakfast Garden Bar

### Lunch

Spaghetti With a WG Roll  
With OR Without Meat  
Peas  
Garden Bar

## Friday, May 26

### Breakfast

Homemade Cinnamon  
Roll  
Cereal  
Breakfast Garden Bar

### Lunch

Manager's Choice  
Vegetable Choice  
Garden Bar

## Monday, May 29



## Tuesday, May 30

### Breakfast

French Toast Sticks  
Cereal  
Juice  
Breakfast Choice Bar

### Lunch

BBQ Pulled Pork  
Sandwich  
Veggie Chili Beans w/  
WG Roll  
Corn  
Garden Bar

## Wednesday, May 31

### Breakfast

Peach Shortcake  
Cereal  
Mixed Fruit Cup  
Breakfast Choice Bar

### Lunch

Beef Tacos  
Bean & Cheese Burrito  
Salsa  
Garden Bar

1

# AND ONLY!

Only one creature can claim to have both the longest neck AND the longest tail of any land animal - the giraffe. Its neck can grow to 7 feet long and its tail up to 8 feet long!