













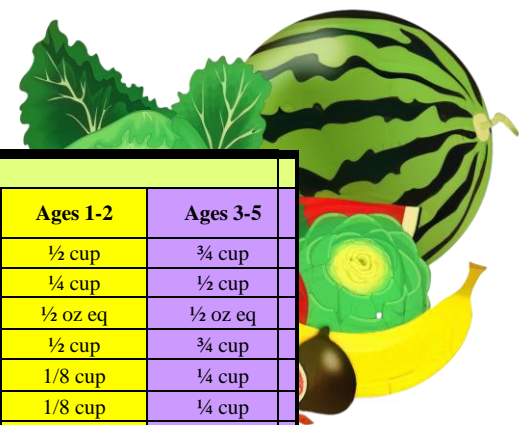
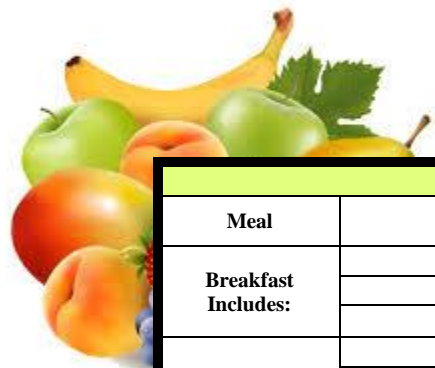


May 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 Cereal , Fruit, Milk Cheese Pizza Quesadilla, Veggie, Fruit, Milk Animal Crackers, Cheese stick, Water	3 Scones , Fruit, Milk Chicken Sausage, Rice , Veggie, Fruit, Milk Bug Bites Crackers, Fruit, Water	4 Yogurt, Cereal , Fruit, Milk Grilled Cheese , Tomato Soup, Fruit, Milk Banana Bread , 100% Juice	5 Sausage, Potato, Wrap, Milk Chicken Burrito, Refried Beans, Mixed Veggies, Milk Bread Sticks , Hummus, Water	6 Cereal , Fruit, Milk PB & J Sandwich , Veggie, Fruit, Milk Goldfish (Pretzel) , Applesauce, Water	7 
8 	9 Cereal , Fruit, Milk Ham & Cheese Rollup, Veggie, Fruit, Milk Goldfish, Raisin/ Fruit Cups, Water	10 Eng. Muffin, Fruit, Milk Meatball Sub , Veggie, Fruit, Milk Chex Mix/Tiger Bites, Fruit, Water	11 Egg, Potato, Milk Chicken Sandwiches , Veggie, Fruit, Milk Yogurt, Crackers, Water	12 Waffle/F. Toast Sticks , Fruit, Milk Chicken Teriyaki, Lo Mein , Veggie, Fruit, Milk Graham Crackers, PB, Water	13 Cereal , Fruit, Milk Turkey & Cheese Rollup, Veggie, Fruit, Milk Cheez-Its/Crackers, Applesauce, Water	14 
15 	16 Cereal , Fruit, Milk Chicken Quesadilla, Veggie, Fruit, Milk Animal Crackers, Cheese stick, Water	17 Scones , Fruit, Milk Pasta w/Meat Sauce, Veggie, Fruit, Milk Bug Bites Crackers, Fruit, Water	18 Yogurt, Cereal , Fruit, Milk Fish, Couscous, Veggie, Fruit, Milk Banana Bread , 100% Juice	19 Waffles , Fruit, Milk Hotdog w/ Bun , Fries, Veggie, Milk Teddy Grahams, Fruit/Veggie, Water	20 Cereal , Fruit, Milk PB & J Sandwich , Veggie, Fruit, Milk Goldfish (Pretzel) , Applesauce, Water	21 
22 	23 Cereal , Fruit, Milk Ham & Cheese Rollup, Veggie, Fruit, Milk Goldfish, Craisins/ Fruit Cups, Water	24 Eng. Muffin, Fruit, Milk Pasta , Chicken, Veggie, Fruit, Milk Bread Sticks , Marinara Sauce, Water	25 Egg, Potato, Milk Chicken Nuggets, Rice , Veggie, Fruit, Milk Yogurt, Crackers, Water	26 Waffle Sticks , Fruit, Milk Pulled Pork Sandwich , Veggie, Fruit, Milk Graham Crackers, PB, Water	27 White Birch Closed 	28 
29 	30 White Birch Closed 	31 Cereal , Fruit, Milk Cheese Quesadilla, Veggie, Fruit, Milk Animal Crackers, Cheese stick, Water	Yogurt, Cereal , Fruit, Milk Fish Sandwich , Sweet Potato Tots, Veggie, Milk Muffin , 100% Juice	Waffle , Fruit, Milk Sloppy Joe's w/ Bun , Veggie, Fruit, Milk Teddy Grahams, Fruit/Veggie, Water	Cereal , Fruit, Milk Turkey & Cheese Rollup, Veggie, Fruit, Milk Cheez-Its/Crackers, Applesauce, Water	

Meals in **BOLD** contain an item that is whole grain. "USDA and this institution are equal opportunity providers and employers." The menu is subjected to change.



Meal items Proportions			
Meal	Component	Ages 1-2	Ages 3-5
Breakfast Includes:	Milk	½ cup	¾ cup
	Fruit/Vegetable	¼ cup	½ cup
	Grain/Meat or Meat Alternative	½ oz eq	½ oz eq
Lunch Includes:	Milk	½ cup	¾ cup
	Vegetable	1/8 cup	¼ cup
	Fruit/Vegetable	1/8 cup	¼ cup
	Grain	½ oz eq	½ oz eq
Snack 2 of the 5 included:	Meat/ Meat Alternative	1 oz	1½ oz
	Milk	½ cup	½ cup
	Fruit	½ cup	½ cup
	Vegetable	½ cup	½ cup
Meal	Grain	½ oz eq	½ oz eq
	Meat/Meat Alternative	½ oz	½ oz
	Components*	0-5 mos.	6-11 mos.
	Fluid Breastmilk or Formula	4-6 fl oz	6-8 fl oz
	Infant cereal, meat, fish, poultry, whole egg, cooked dry beans, cooked dry peas	X	0-4 tbsp
Breakfast	Cheese	X	0-2 oz
	Cottage cheese/yogurt/ combination	X	0-4 oz
	Vegetable/fruit/both	X	0-2 tbsp
	Fluid Breastmilk or Formula	4-6 fl oz	6-8 fl oz
Lunch	Infant cereal, meat, fish, poultry, whole egg, cooked dry beans, cooked dry peas	X	0-4 tbsp
	Cheese	X	0-2 oz
	Cottage cheese/yogurt/ combination	X	0-4 oz
	Vegetable/fruit/both	X	0-2 tbsp
Snack	Fluid Breastmilk or Formula	4-6 fl oz	6-8 fl oz
	0-1/2 slice of bread/0-2 crackers	X	
	0-4 infant cereal/ready to eat breakfast cereal	X	
	0-2 tablespoons vegetable/ fruit/ combination of both	X	

*Components for under one-year-old require fluid breastmilk/formula, an item from the highlighted gray group, and fruit/vegetable. Children under one will be given a substitute that is as close as possible to the general menu item for the older students.

