




# May 2024-Breakfast



Monday	Tuesday	Wednesday	Thursday	Friday
		Milk Fruit Cocktail Low Sugar Cereal	1 Milk Pineapples Granola Yogurt	2 Milk Pears Low Sugar Cereal
6 Milk Banana Low Sugar Cereal	7 Milk Applesauce WGR Waffles	8 Milk Peaches Low Sugar Cereal	9 Milk Fruit Cocktail Turkey Sausage Cheese Slice WGR Tortilla	10 Milk Pineapples Low Sugar Cereal
13 Milk Pineapples Low Sugar Cereal	14 Milk Blueberries WGR French Toast Sticks	15 Milk Tropical Fruit Salad Low Sugar Cereal	16 Milk Strawberries WGR Pancakes	17 Milk Fruit Cocktail Low Sugar Cereal
20 Milk Pears Low Sugar Cereal	21 Milk Cantaloupe Soy Butter Whole Wheat Toast	22 Milk Banana Low Sugar Cereal	23 Milk Cantaloupe Egg Patty WGR Biscuit	24 Milk Grapes Lowe Sugar Cereal
27  Closed for Memorial Day!	28 Milk Blueberries WGR Mini Bagels Cream Cheese	29 Milk Clementines Low Sugar Cereal	30 Milk Pineapples Granola Yogurt	31 Milk Pears Low Sugar Cereal



COMPONENT (Serve Milk, Grains, Vegetables or Fruit)	AGES 1-2		AGES 3-5		AGES 6-18	
Milk	½ cup		¾ cup		1 cup	
Vegetables/Fruit or Both	¼ cup		½ cup		½ cup	
Meat/Meat Alternatives	½ oz.		½ oz.		1 oz.	
Grains	½ serving	½ oz. eq.	½ serving	½ oz. eq.	1 serving	1 oz. eq.


\*Must serve all 3 components for a reimbursable meal.  
 \*Whole milk (age 1); 1% or Fat Free (2 through 12)  
 \*Meat and meat alternatives may be served in place of the entire grains component at breakfast a maximum of 3 times per week.  
 \*At least 1 serving per day, across all eating occasions, must be whole grain-rich. A serving of grains must be whole-grain rich, enriched meal, or enriched flour.  
 \*Low Sugar Cereal (Rice Krispies, Corn Flakes, Rice Chex, Cheerios)





# May 2024-Lunch



Monday		Tuesday		Wednesday		Thursday		Friday	
				Milk	1	Milk	2	Milk	3
				Chicken Noodle Soup w/Carrots		Baked Beans		Tropical Fruit Salad	
				Banana		Sweet Potato Puffs		Cucumbers	
				Turkey Slice (Hot Turkey Boat)		Hot Dogs		Fajita Chicken	
				Cheese Slice		Whole Wheat Hot Dog Roll		WGR Spanish Rice	
				Whole Wheat Hot Dog Roll					
Milk	6	Milk	7	Milk	8	Milk	9	Milk	10
Corn		Green Beans		Broccoli		Green Beans		Tater Tots	
Pears		Banana		Pineapples		Peaches		Mixed Fruit	
Grilled Chicken w/Teriyaki Sauce		Ground Beef in Sloppy Joe Sauce		Diced Chicken w/Alfredo Sauce		Chicken Patty		Sliced Turkey	
Brown Rice		Whole Wheat Hamburger Roll		WGR Rotini Noodles		Whole Wheat Hamburger Roll		Cheese Slice	
								WGR Tortilla Wrap	
Milk	13	Milk	14	Milk	15	Milk	16	Milk	17
Mixed Vegetables		Corn		Peas		Sweet Potato Puffs		Cucumbers	
Tropical Fruit Salad		Mango		Pears		Pineapples		Mandarin Oranges	
Turkey Meatballs w/ Spaghetti Sauce		Shredded Cheese		Cheese Tortellini w/Spaghetti Sauce		Barbeque Pulled Chicken		Yogurt	
Whole Wheat Hot Dog Roll		Ground Beef w/Taco Sauce		WGR Garlic Bread		Whole Wheat Hamburger Bun		Cheese pizza	
Shredded Mozzarella Cheese		WGR Tortilla				<b>National Barbeque Day!!</b>		Ranch Dressing	
Milk	20	Milk	21	Milk	22	Milk	23	Milk	24
Green Beans		Mashed Potatoes		Tater Tots		Baked Beans		Peas	
Fruit Cocktail		Applesauce		Fruit Cocktail		Peaches		Mango	
Yogurt		Sliced Turkey w/Gravy		Chicken Drumstick Nuggets	<b>new item</b>	Hot Dogs		Ham Slice	
WGR Macaroni and Cheese		WGR Stuffing		WGR Waffles		Whole Wheat Hot Dog Roll		Cheese Slice	
				Syrup				Whole Wheat Bread	
	27	Milk	28	Milk	29	Milk	30	Milk	31
<b>Closed</b>		Green Beans		Chicken Noodle Soup w/Carrots		Corn		Cooked Carrots	
		Banana		Banana		Tropical Fruit Salad		Fruit Cocktail	
		Ground Beef in Sloppy Joe Sauce		Turkey Slice (Hot Turkey Boat)		Chicken Nuggets		Cheese Slice	
		Whole Wheat Hamburger Roll		Cheese Slice		Whole Wheat Roll		Soy Butter and Jelly	
				Whole Wheat Hot Dog Roll				Whole Wheat Bread	



COMPONENT (Serve all 5)	AGES 1-2		AGES 3-5		AGES 6-12	
Milk	½ cup		¾ cup		1 cup	
Vegetables	½ cup		½ cup		¾ cup	
Fruit	1/8 cup		¼ cup		½ cup	
Meat/Meat Alternatives	1 oz.		1 ½ oz.		2 oz.	
Grains	½ serving	½ oz. eq.	½ serving	½ oz. eq.	1 serving	1 oz. eq.


*\*Must serve all five Components for a reimbursable meal.*





# May 2024-Snack



Monday	Tuesday	Wednesday	Thursday	Friday
		Water Soy Butter Cinnamon Raisin Bread	1 Water Applesauce (One Year Olds) Apple Slices WGR Soft Pretzel/Hard Pretzel	2 Water Salsa WGR Tortilla Chips
Water Grapes Dino-Bite Crackers	6 Water Cheese Cubes WGR Savory Wheat Crackers	7 Water Pears Maple Sunrise Bites	8 Water Applesauce (One Year Olds) Apple Slices WGR Soft Pretzel/Hard Pretzel	9 Water Peaches WGR Goldfish
Water Cucumbers Ritz Crackers Ranch Dressing Chocolate Chip Cookie	13 Water Pears Animal Crackers	14 Water Mixed Fruit Cheez-Itz	15 Water Applesauce (One Year Olds) Apple Slices WGR Soft Pretzel/Hard Pretzel	16 Water Fruit Cocktail WGR Muffin
Water Applesauce Rice Cakes	20 Water Clementines Chex Mix	21 Water Soy Butter Cinnamon Raisin Bread	22 Water Applesauce (One Year Olds) Apple Slices WGR Soft Pretzel/Hard Pretzel	23 Water Salsa WGR Tortilla Chips
 Closed	27 Water Chocolate Hummus Graham Crackers	28 Water Peaches WGR Goldfish	29 Water Applesauce (One Year Olds) Apple Slices WGR Soft Pretzel/Hard Pretzel	30 Water Peaches WGR Goldfish



COMPONENT (Serve 2 of the 5 components)	AGES 1-2		AGES 3-5		AGES 6-12	
Milk	½ cup		½ cup		1 cup	
Vegetables	¼ cup		¼ cup		¾ cup	
Fruit	½ cup		½ cup		¾ cup	
Meat/Meat Alternatives	½ oz.		½ oz.		1 oz.	
Grains	½ serving	½ oz. eq.	½ serving	½ oz. eq.	1 serving	1 oz. eq.

\*Two of the five components for a reimbursable snack.

\*If no milk or juice is served, water must be offered.

