



All Sites

# May Breakfast Menu



Required Components	Sample- Ages 3-5 yrs. old
Fluid Milk	3/4c. Low-fat or Fat Free milk
Vegetable, Fruits, or portions of both	1/2c. Diced Peaches
Grains (oz. eq.)	½ Serving
Example: Bread Product	½ Slice
Meat (Optional)	1.5 oz. Sausage

Harvest for Healthy Kids Item \*

KEY CP-Commercially Prepared USDA– USDA Sourced Recipe HM– Recipe created and credited by us


Monday	Tuesday	Wednesday	Thursday	Friday
		1 1/2 ea WG French Toast 1/2c. Strawberries 3/4 c. Milk	2 3/4c Rice Krispies 1/2c. Applesauce 3/4c. Milk	<b>NO CLASS</b>
6 2 WG Pancake ½c pear 3/4c. Milk	7 1 oz. Turkey Sausage Patty 1/2 WW English Muffin w/ Butter 1/2 C. Apple 3/4 c. Milk	8 1 ea Pillsbury Cinnamon Rolls 1/2c. Blueberries 3/4 c. Milk	9 1/2ea Croissant 1ea fruit cup 3/4c milk	<b>NO CLASS</b>
13 Frosted mini wheats 1/2c Pineapple 3/4c Milk	14 1ea Egg Patty ½ WW English Muffin 1 Slice Cheese 1/2c. Strawberries 3/4c. Non-Fat Milk	15 2oz Yogurt 1oz Granola 1/2 c Peaches 3/4 c Milk	16 1 WG Muffin 1/2c. Diced Pears 3/4c. Milk	<b>NO CLASS</b>
20 1ea Waffle 1/2c banana 1tbsp sunbutter 3/4c milk	21 Easy Overnight Oats and Berries(ICN) 3/4c milk	22 1ea Blueberry Muffin 1/2c mango 3/4c Milk	23– Last Day For 1/2 Day 1 WG Frosted Mini Wheats Cereal 1/2c. Pineapple 3/4c. Milk	<b>NO CLASS</b>
27 <b>MEMORIAL DAY NO CLASSES</b>	28 Cherrios 1/2ea Banana 3/4c Milk	29 Rice chex 1/2 pear 3/4c Milk	30 1ea Pillsbury Strawberry and Cheese Bagels 1/2c Pineapple 3/4c Milk	31 <b>Student Choice Day– Finley Butte</b> 2oz Yogurt 1oz Granola 1/2 c Strawberries 3/4 c Milk

This institution is and equal opportunity provider --- CN Labels/Recipes meet USDA/CACFP Minimum Requirements. All Menus Subject to change . All alternate Milk participants will receive one of the following as appropriate. Pacific Foods Soy or Almond Milk, Darigold Lactose Free 1%



All Sites

# May Lunch Menu



Required Components	Sample- Ages 3-5 yrs. old
Meat/Meat Alternate	1.5 oz. Chicken Salad
Whole Grains (oz.eq)	1/2 Serving 1/4WW Pita
Fruit	1/4c. Diced Peaches
Vegetable	1/4c. Green Beans
Milk	3/4c. Fat Free or Low-fat milk

Harvest for Healthy Kids Item \*

KEY CP-Commercially Prepared USDA– USDA Sourced Recipe HM– Recipe created and credited by us

Monday	Tuesday	Wednesday	Thursday	Friday
		1 1/2C Ground Beef 1/2c penne with 1oz Tomato Sauce(USDA) 1/4c Apple Slices 3/4c Milk	2 3/4c Pineapple Chicken(ICN) 1/4c Brown Rice 1/4c roasted corn and peppers 3/4c Milk	<b>NO CLASS</b>
6 Ham & Cheese Sandwich 1 oz. Deli Ham, .75 oz. Sliced Cheese, 1 Slice WW Bread 1/4 c. corn 1/4c. strawberry 3/4c. Non-Fat Milk	7 1/2 c. BBQ Chicken Salad 1 WW Roll 1/4c Corn 1/4 c. Berries 3/4 c. Milk	8 1ea Sun Butter & Jelly Sandwich 1ea String Cheese 1/4c. cucumber 1/4c. apple 3/4c. Milk	9 1c Chicken Alfredo With A Twist (ICN) 1/4c Cali Vegetable Mix 1/4c apple Milk	<b>NO CLASS</b>
13 1/2ea Turkey burgers with Tzatziki and 1/2 Pita(ICN) 1/4c Root vegetable mix 1 ea Apple Chips 3/4c Milk	14 1 eaChicken and 1/2ea Waffles With maple Peach glaze (ICN) 1/4c Roasted corn 1/4c peaches 3/4c Milk	15 1c Chicken Tomato Bake 1/4c apple 3/4c Milk	16 1 ea Crunchy Hawaiian Chicken Wrap(ICN) 1/4c mango 3/4c Milk	<b>NO CLASS</b>
20 1ea BBQ Beef Sliders(ICN) 1 roll, 2 oz shredded beef 1/4c cucumber with ranch 1/4c Apple 3/4c Milk	21 1ea Bean Burrito Bowl(Team Nutrition) 1/4c tangerine	22 Arroz con Pollo(Team Nutrition) 1/4c Roasted corn and Peppers 1/4c applesauce 3/4c Milk	23– Last Day For 1/2 Day Nachos with Diced Chicken(ICN) 5 chips, 1/4c beans, 1/2c chicken 1/4c pear 3/4c Milk	<b>NO CLASS</b>
27 <b>MEMORIAL DAY NO CLASSES</b>	28 1/2c diced chicken 1/2c baby spinach 1/4c strawberry 1 pkg goldfish cracker 3/4c milk	29 3/4c Shredded Zucchini and pasta (team Nutrition) 1/2c Diced chicken 1/4cGrapefruit 3/4c. Milk	30 1 Slice Meat Lasagna (ICN) 1/4c. Diced Pear 1/4c. Steamed Broccoli 3/4c. Milk	31 <b>Student Choice Day– Finley Butte</b> Turkey Sandwich 2oz turkey 1 slice WG Bread 1tbsp Mayonaise (optional) 1/4c Oranges 1/4c Broccoli floret 1tbsp ranch (optional) 3/4c milk



All Sites

# May Snack Menu



Required Components (2 Components out of 5)	Sample- Ages 3-5 yrs. old
Meat/Meat Alternate	½ oz. Sausage
Whole Grains (oz. eq)	½ Serving
Fruit	1/2c. Diced Peaches
Vegetable	1/2c. Green beans
Milk	1/2c. Fat Free or Low-fat milk

**KEY** CP-Commercially Prepared USDA– USDA Sourced Recipe HM– Recipe created and credited by us

Monday	Tuesday	Wednesday	Thursday	Friday
		1 2 Slices Turkey 1 Pkg. WG Rold-Gold Pretzels	2 Dried Fruit and Cereal Snack (ICN)	<b>NO SCHOOL</b>
6 1/4c Cottage Cheese 1/2c Sliced melon	7 1oz Goldfish 1/2c Apple Slices	8 1 oz Frosted Mini Wheats 1/2c milk	9 1/2 c. Cucumbers w/Ranch 2 pkg. WW Crackers	<b>NO SCHOOL</b>
13 2 slices Ham 1/2oz Goldfish Cracker	14 75oz Cheddar Cheese 1 bag apple chips	15 2 oz. Yogurt 1 oz. Granola	16 1/2oz. Wheat Thins 5 Slices Salami	<b>NO SCHOOL</b>
20 Savory Yogurt-Hummus Dip with Veggies(ICN)	21 1 oz. String Cheese 1 Kiwi	22 1/2oz. Wheat Thins 5 Slices Salami	23– Last Day 1/2 Day 2 Slices Turkey 1 Pkg. WG Rold-Gold Pretzels	<b>NO SCHOOL</b>
27 <b>MEMORIAL DAY NO CLASSES</b>	28 Savory Yogurt-Hummus Dip with Veggies(ICN)	29 1/2 c. Cucumbers w/Ranch 2 pkg. WW Crackers	30 1oz cherrios 1/2c milk	31 <b>Student Choice Day– Finley Butte</b> 5 slices salami 1/2oz bag goldfish 2 slices apple

This institution is an equal opportunity provider --- CN Labels/Recipes meet USDA/CACFP Minimum Requirements. All Menus Subject to change . All alternate Milk participants will receive one of the following as appropriate. Pacific Foods Soy or Almond Milk, Darigold Lactose Free 1%