

MAY 2024 BREAKFAST MENU: 2-5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6	7	8	9	10
Whole grain cereal 1/2c	Whole grain pancake Scrambled egg 2oz 1oz	Crème of wheat cereal 1/3c	Whole grain French toast 1 slice	Cheesy grits 1/3c
Cinnamon apple sauce 1/2c	Banana 1/2c	Honeydew melon 1/2c	Orange wedges 1/2c	Banana 1/2c
1% white milk 6oz	1% white milk 6oz	1% white milk 6oz	1% white milk 6oz	1% white milk 6oz
13	14	15	16	17
Whole grain cereal 1/2c	Whole grain pancakes Scrambled egg 1/2c 1oz	Crème of wheat cereal 1/3c	Whole grain French toast 1 slice	Cheesy grits 1/3c
Cinnamon apple sauce 1/2c	Banana 1/2c	Honeydew melon 1/2c	Orange wedges 1/2c	Banana 1/2c
1% white milk 6oz	1% white milk 6oz	1% white milk 6oz	1% white milk 6oz	1% white milk 6oz
20	21	22	23	24
Whole grain cereal 1/2c	Whole grain pancakes Scrambled egg Banana 2oz 1oz	Vanilla yogurt Granola topping Honeydew melon 4oz 1/8c	Cinnamon raisin oatmeal Orange wedges 1/3c 1/2c	Hard boiled eggs Whole grain sliced bread Banana 2oz 1/2 sl 1/2c
Cinnamon apple sauce 1/2c	1% white milk 6oz	1% white milk 6oz	1% white milk 6oz	1% white milk 6oz
27	28	29	30	31
<b>MEMORIAL DAY</b>	Whole grain cereal Cinnamon apple sauce 1/2c 1% white milk 6oz	Crème of wheat cereal Honeydew melon 1/3c 1/2c 6oz	Whole grain French toast Orange wedges 1 slice 1/2c 6oz	Cheesy grits Banana 1/3c 1/2c 6oz

Portion Control: Daily meals served are at least 1/4 cup serving of fruit, vegetables, beans or peas and 1 serving of a 100% whole grain Milk Variety: 8 fluid oz Unflavored low-fat(4%) or Flavored fat-free (skim) fluid milk is offered to each child every day.

Local Distributors : Prize of the Harvest, 84 Skeeter Point Lane, Faison, NC 28341 252-492-7301; Sysco of Baltimore, Taylor Farm, PA(Actual Address to come)Davids Farm, DC; DOD Produce, DC  
 Harrisburg Dairy, PA  
 All Fruit Juices are 100% Juice

# MAY 2024 LUNCH MENU: 2-5 JUBILEE JUMPSTART

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Chicken salad sandwich Whole grain sliced bread Steamed broccoli Pineapple tidbits 1% white milk	2 Salisbury Steak Beef patty Mashed potato Whole grain sliced bread Canteloupe 1% white milk	3 Pasta Caesar Salad Grilled chicken breast Whole grain rotini White beans Caesar dressing Cinnamon apple slices 1% white milk
6 Chili Mac Chili w. ground turkey Whole grain pasta w/ Red Kidney Beans Diced tomato & sauce Green pepper & onion Honeydew melon 1% white milk	7 Teriyaki chicken Mashed sweet potato Whole grain sliced bread Orange wedges 1% white milk	8 Pineapple tidbits 1% white milk	9 Italian meatball sandwich Chopped turkey meatballs w. cheese Marinara sauce Green beans Whole grain buns Diced pears 1% white milk	10 Italian meatball sandwich Chopped turkey meatballs w. cheese Marinara sauce Green beans Whole grain buns Diced pears 1% white milk
13 Macaroni cheese Grated Cheddar cheese Whole grain macaroni Green beans Honeydew melon 1% white milk	14 Chicken A-La-King Diced carrots Whole grain sliced bread Green peas Orange wedges 1% white milk	15 Fajita bowl Chicken breast Mexican brown rice Green pepper & onion Diced & sauce tomato Corn Pineapple tidbits 1% white milk	16 Chicken salad sandwich Chicken breast Whole grain sliced bread Steamed broccoli American cheese Canteloupe 1% white milk	17 Butter curry chicken Curried brown rice Red kidney beans Curried tomato sauce Cinnamon apple slices 1% white milk
20 Pasta Bake Whole grain rotini pasta w/ ground turkey Green beans Tomato sauce Grated cheese Honeydew melon 1% white milk	21 Taco w/ground turkey Whole grain tortilla Corn salsa Diced & sauce tomato Shredded cheese Orange wedges 1% white milk	22 Chicken pasta salad Grilled chicken breast Whole grain pasta Diced carrots Diced pears 1% white milk	23 Sliced turkey sandwich Sliced turkey Whole grain sliced bread Steamed broccoli Canteloupe 1% white milk	24 BBQ chicken sandwich BBQ chicken Whole grain buns Baked veggie beans Diced pears 1% white milk
27 MEMORIAL DAY	28 Baked Fish sticks Brown rice Yellow recipe w/red kidney beans Green peas & corn Orange wedges 1% white milk	29 Egg salad sandwich Egg salad Whole grain sliced bread Steamed broccoli Fresh apple wedges 1% white milk	30 Sloppy Joe sandwich w/ground turkey Tomato Joe sauce Sliced carrots Whole grain buns Canteloupe 1% white milk	31 Rotisserie chicken breast Fajita brown rice Baked veggie beans Diced pears 1% white milk

Portion Control: Daily meals served are at least 1/4 cup serving of fruit, vegetables, beans or peas and 1 serving of a 100% whole grain. All juices are 100% juice.  
 Milk Variety: 1-2 year old 4 fluid ounces whole unflavored milk; 3-5 year old 6 fluid oz. Unflavored low-fat(1%) or Unflavored fat-free (skim) fluid milk is offered to each child every day.  
**Harrisburg Dairy, Harrisburg, PA, THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.**

