

May

(Mid-Day Snack)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
4 30	1 Hummus with Veggies	2 Tomato Soup with Grilled Cheese on Multigrain Bread	3 Sekihan with Melon	4 Tacos with Corn Tortillas Pinto Beans, Cabbage. Sweet Potato and Avacado	5 Orzo with Peas, Green Onion and Lemon
1 7	8 Yogurt with Honey, Almonds, and Fruit	9 Fried Rice with Broccoli and Carrots	10 Edamame Succotash	11 Roasted Red Potatoes with Apspargus	12 Sunflower Butter with Pretzles and Fruit
2 14	15 Shirazi with Chickpeas and Whole Wheat Pitas	16 Chard Pesto with Pasta	17 Apricot Scones with Milk	18 Oatmeal with Strawberries	19 Bean, Tomato,Cheese Dip with Chips
3 21	22 Mac and Cheese with Green Beans	23 Blueberry Pancakes with Milk	24 Tropical Smoothies with Sweet Potato Crackers	25 Spring Quinoa withZucchini , feta and Dried Cherries	26 Potato Leek Soup
4 28	29 Hummus with Veggies	30 Tomato Soup with Grilled Cheese on Multigrain Bread	31 Sekihan with Melon	1 Tacos with Corn Tortillas Pinto Beans, Cabbage. Sweet Potato and Avacado	2 Orzo with Peas, Green Onion and Lemon
<p><u>Organic Milk & Water are offered at every meal.</u> <u>(Whole Milk for Sun, 1% for Star & M/C)</u> <u>Organic Produce is used when available</u> <u>Wheat Germ and Nutritional Yeast is a source of Iron, Potassium, and B Vitamins</u></p>					