

May 2024 Lunch Menu –Daycare/Schools
This Institution is an equal opportunity provider.

		May 1 - Lunch	May 2 - Lunch	May 3 - Lunch	
		Fiesta Wednesday— Beef/Turkey Tacos 2 oz. Beef Taco Filling; 2 oz. Refried Beans .50 oz. Shredded Cheese; 50 Lettuce, 1 oz. Tortilla Ultra grain shells. 1 oz. Salsa; ½ - ¼ Fiesta Corn (S) ½ C Fruit/Juice 8 oz. Whole or 1% -2% Milk Choice	2 oz. Turkey & Cheese Sandwich 2 oz. Whole Wheat Bun ¼ - ¾ C Baby Carrots (SCH) ½ C Fruit/Juice 8 oz. Whole or 1% -2% Milk Choice	1 Sl Pepperoni/Cheese WG Pizza (2.0 oz G eq. 1.75 M/Meat Alt.) ½ Cup Garden Salad (O) (1/2 eq.) ¼ Cup Tomatoes (RO) ½ C Fruit/Juice 8 oz. Whole or 1% -2% Milk Choice	
May 6- Lunch 2.oz Sloppy Joe WG Wheat Bun 2 oz Or Grilled Cheese Sandwich ¼ - ¾ C Green Beans ½ C Fruit/Juice 8 oz. Whole or 1% -2% Milk Choice	May 7- Lunch 2.5 oz (5) Chicken Fingers (2 oz M/M alt; 1 oz Grain eq.) ¼ - ¾ C Kettle Baked Beans ½ C Fresh Baby Carrots (RY); Ranch Dr ½ C Fruit/Juice 8 oz. Whole or 1% -2% Milk Choice	May 8- Lunch Fiesta Wednesday— Beef/Turkey Nachos 2 oz. Beef Taco Filling; 2 oz. Refried Beans .50 oz. Shredded Cheese 1 oz. Triangular WG Corn Chips. 1 oz. Salsa; ½ - ¼ Fiesta Corn (S) ½ C Fruit/Juice 8 oz. Whole or 1% -2% Milk Choice	May 9- Lunch 2 oz Grilled Cheese On Wheat Bread ¼ - ¾ C. Broccoli ½ C Fruit/Juice 8 oz. Whole or 1% -2% Milk Choice	May 10- Lunch 1 Sl Pepperoni/Cheese WG Pizza (2.0 oz G eq. 1.75 M/Meat Alt.) ½ Cup S. Cucumbers w/Ranch ¼ Cup Tomatoes (RO) ½ C Fruit/Juice 8 oz. Whole or 1% -2% Milk Choice	
May 13 - Lunch 2.5 oz. Hamburger w/ Cheese Turkey w/ Cheese Wheat Bun 1 Ser Dill Pickel Slice ¼ - ¾ C Green Beans ½ C Fruit/Juice 8oz. Whole or 1% - 2% Milk Choice	May 14 - Lunch 2.5 oz Popcorn Chicken (2 oz M/M alt; 1 oz Grain eq.) ¼ - ¾ C Mashed Potatoes w/Gravy ¼ C Steamed Carrots 8 oz. Whole or 1% -2% Milk Choice	May 15- Lunch Fiesta Wednesday— Beef/Turkey Tacos 2 oz. Beef Taco Filling; 2 oz. Refried Beans .50 oz. Shredded Cheese; 50 Lettuce, 1 oz. Tortilla Ultra grain shells. 1 oz. Salsa; ½ - ¼ Fiesta Corn (S) ½ C Fruit/Juice 8 oz. Whole or 1% -2% Milk Choice	May 16 - Lunch Mac n Cheese ¼ - ¾ C Diced Carrots ¼ C Fresh Baby Carrots ½ C Fruit/Juice 8 oz. Whole or 1% -2% Milk Choice	May 17 - Lunch 1 Sl Pepperoni/Cheese WG Pizza (2.0 oz G eq. 1.75 M/Meat Alt.) ½ Cup S. Garden Salad w/Ranch (1/2 eq.) ¼ Cup Tomatoes (RO) ½ C Fruit/Juice 8 oz. Whole or 1% -2% Milk Choice	
May 20 - Lunch 4-6 oz. Chili w/ Beans or Vegetarian Chili ¼ - ¾ C. Baby Carrots (SCH) 1 Serving Crackers ½ C Fruit/Juice 8 oz. Whole or 1% -2% Milk Choice	May 21 - Lunch Chicken Pattie w/ Condiments 1 Serving Wheat Bun (2 oz. G- eq.) ¼ - ¾ C Kettle Baked Beans ½ C Fresh Celery Sticks(RY); Ranch Dr ½ C Fruit/Juice 8 oz. Whole or 1% -2% Milk Choice	May 22- Lunch Fiesta Wednesday— Beef/Turkey Nachos 2 oz. Beef Taco Filling; 2 oz. Refried Beans .50 oz. Shredded Cheese 1 oz. Triangular WG Corn Chips. 1 oz. Salsa; ½ - ¼ Fiesta Corn (S) ½ C Fruit/Juice 8 oz. Whole or 1% -2% Milk Choice	May 23- Lunch Chef Salad w/lettuce, carrots, tomato 2 oz Turkey, cheese 1 boiled egg 1 ser Salad dressing (ranch) Cookie – 1 serving ½ C Fruit/Juice 8 oz. Whole or 1% -2% Milk Choice	May 24- Lunch 1 Sl Pepperoni/Cheese WG Pizza (2.0 oz G eq. 1.75 M/Meat Alt.) ½ Cup. Cucumbers w/Ranch ¼ Cup Tomatoes (RO) ½ C Fruit/Juice 8 oz. Whole or 1% -2% Milk Choice	
May 27- Lunch Roast Beef Sandwich WG Wheat Bun 2 oz Mashed Potatoes w/Gravy ¼ - ¾ C. Green Beans ½ C Fruit/Juice 8 oz. Whole or 1% -2% Milk Choice	May 28- Lunch 2.5 oz (2) Chicken Tenders (2 oz M/M alt; 1 oz Grain eq.) ¼ - ¾ C Kettle Beans (L) ½ C Fresh Baby Carrots (RY); Ranch Dr ½ C Fruit/Juice 8 oz. Whole or 1% -2% Milk Choice	May 29 - Lunch Fiesta Wednesday— Beef/Turkey Tacos 2 oz. Beef Taco Filling; 2 oz. Refried Beans .50 oz. Shredded Cheese; 50 Lettuce, 1 oz. Tortilla Ultra grain shells. 1 oz. Salsa; ½ - ¼ Fiesta Corn (S) ½ C Fruit/Juice 8 oz. Whole or 1% -2% Milk Choice	May 30 - Lunch 2 oz Grilled Cheese On Wheat Bread ¼ - ¾ C Steamed Broccoli ½ C Fruit/Juice 8 oz. Whole or 1% -2% Milk Choice	May 31 - Lunch 1 Sl Pepperoni/Cheese WG Pizza (2.0 oz G eq. 1.75 M/Meat Alt.) ½ Cup S. Garden Salad w/Ranch (1/2 eq.) ¼ Cup Tomatoes (RO) ½ C Fruit/Juice 8 oz. Whole or 1% -2% Milk Choice	
MEAL PATTERN REQUIREMENTS	Serving Size 1-2 Yrs.	Serving Size 3-5 Yrs.	Grades K-8	Grades 9-12	Adults/Enhanced
Fruits	1/8 cup	¼ cup	½ Cup Daily (2 ½ Cup Weekly)	1 Cup Daily (5 Cup Weekly)	
1 Milk/Fluid milk	4 oz.	6 oz.	8 oz. Daily (5 Cups Weekly)	1 Cup Daily (5 Cups Weekly)	8oz s
Vegetables	1/8 c Vegetable	1/4 c Vegetable	3/4 Cup Daily (3 ¾ Cup Weekly)	1 Cup Daily (5 Cup Weekly)	1 C
1 Meat/ Meat Alternate	1 oz. Meat	1 1/2 oz. Meat	2 oz. Daily (8-9-10 oz. Weekly)	2 oz. (10-12 oz. Weekly)	3oz.
Breads/Bread Product	½ slice	¼ slice	1 slice Daily (8-10 Weekly) 1 serving	2 oz. Daily (10-12 Weekly)	2 oz
Grain Pasta	½ serving	½ serving	½ cup		
	½ cup	¼ cup			

With unforeseen circumstances, menu subject to change. Client will be notified immediately.