

# BREAKFAST MENU

FROM MONDAY, APRIL 29, 2024 TO FRIDAY, MAY 3, 2024

	MONDAY April 29	TUESDAY April 30	WEDNESDAY May 1	THURSDAY May 2	FRIDAY May 3
<b>GRAIN</b> 1-2oz eq	Cereal 		Bagels with Cream Cheese   		Breakfast Bar 
<b>HOT GRAIN</b> 1-2oz		Egg Patty Breakfast Sandwich    		Waffles    	
<b>PROTEIN</b> 2 oz					
<b>FRUIT</b> ½ C	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
<b>MILK</b> 1 C	Low-fat & Fat-free 	Low-fat & Fat-free 	Low-fat & Fat-free 	Low-fat & Fat-free 	Low-fat & Fat-free 

 Gluten  Egg  Soy  Dairy

We offer Sunflower Butter and Jelly Sandwiches and Cheese Sandwiches on Whole Wheat Bread Daily.  
This institution is an equal opportunity provider.

# BREAKFAST MENU

FROM MONDAY, MAY 6, 2024 TO FRIDAY, MAY 10, 2024

	MONDAY May 6	TUESDAY May 7	WEDNESDAY May 8	THURSDAY May 9	FRIDAY May 10
GRAIN 1-2oz eq	Cereal 🌾🥣		Muffin 🌾🥚🥜🥛		Breakfast Bar 🌾🥣
HOT GRAIN 1-2oz		Turkey Sausage Breakfast Sandwich 🌾🥚🥜🥛		French Toast 🌾🥚🥜🥛	
PROTEIN 2 oz					
FRUIT ½ C	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
MILK 1 C	Low-fat & Fat-free 🥛	Low-fat & Fat-free 🥛	Low-fat & Fat-free 🥛	Low-fat & Fat-free 🥛	Low-fat & Fat-free 🥛

🌾 Gluten 🥚 Egg 🥜 Soy 🥛 Dairy

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# BREAKFAST MENU

FROM MONDAY, MAY 13, 2024 TO FRIDAY, MAY 17, 2024

	MONDAY May 13	TUESDAY May 14	WEDNESDAY May 15	THURSDAY May 16	FRIDAY May 17
GRAIN 1-2oz eq	Cereal  		Croissant   		Bagels with Cream Cheese   
HOT GRAIN 1-2oz		Turkey Sausage Breakfast Sandwich    		French Toast    	
PROTEIN 2 oz					
FRUIT ½ C	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
MILK 1 C	Low-fat & Fat-free 	Low-fat & Fat-free 	Low-fat & Fat-free 	Low-fat & Fat-free 	Low-fat & Fat-free 

 Gluten  Egg  Soy  Dairy

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# BREAKFAST MENU

FROM MONDAY, MAY 20, 2024 TO FRIDAY, MAY 24, 2024

	MONDAY May 20	TUESDAY May 21	WEDNESDAY May 22	THURSDAY May 23	FRIDAY May 24
<b>GRAIN</b> 1-2oz eq	Cereal  		Muffin    		Bagels with Cream Cheese   
<b>HOT GRAIN</b> 1-2oz		Breakfast Burrito    		Pancakes    	
<b>PROTEIN</b> 2 oz					
<b>FRUIT</b> ½ C	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
<b>MILK</b> 1 C	Low-fat & Fat-free 	Low-fat & Fat-free 	Low-fat & Fat-free 	Low-fat & Fat-free 	Low-fat & Fat-free 

 Gluten  Egg  Soy  Dairy

We offer Sunflower Butter and Jelly Sandwiches and Cheese Sandwiches on Whole Wheat Bread Daily.  
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# BREAKFAST MENU

FROM TUESDAY, MAY 28, 2024 TO FRIDAY, MAY 31, 2024

	TUESDAY May 28	WEDNESDAY May 29	THURSDAY May 30	FRIDAY May 31
<b>GRAIN</b> 1-2oz eq		Bagels with Cream Cheese 🌾🥞🥛		Breakfast Bar 🌾🥞🥛
<b>HOT GRAIN</b> 1-2oz		Egg Patty Breakfast Sandwich 🌾🥚🥞🥛	Waffles 🌾🥚🥞🥛	
<b>PROTEIN</b> 2 oz				
<b>FRUIT</b> ½ C	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
<b>MILK</b> 1 C	Low-fat & Fat-free 🥛	Low-fat & Fat-free 🥛	Low-fat & Fat-free 🥛	Low-fat & Fat-free 🥛

🌾 Gluten 🥚 Egg 🥞 Soy 🥛 Dairy

We offer Sunflower Butter and Jelly Sandwiches and Cheese Sandwiches on Whole Wheat Bread Daily.  
This institution is an equal opportunity provider.

# SNACK MENU

FROM MONDAY, APRIL 29, 2024 TO FRIDAY, MAY 3, 2024

	MONDAY April 29	TUESDAY April 30	WEDNESDAY May 1	THURSDAY May 2	FRIDAY May 3
MMA/GRAIN 1-2oz eq	Goldfish  	Honey Grahams  	String Cheese 	Cheese Its   	Yogurt 
FRUIT/VEG ¾ C	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit

 Gluten  Soy  Dairy

Butter Beans offers dry cereal everyday.  
This institution is an equal opportunity provider.

# SNACK MENU

FROM MONDAY, MAY 6, 2024 TO FRIDAY, MAY 10, 2024

	MONDAY May 6	TUESDAY May 7	WEDNESDAY May 8	THURSDAY May 9	FRIDAY May 10
MMA/GRAIN 1-2oz eq	Cinnamon Graham Sticks  	Cheese Its   	Goldfish  	Pretzel Rod & Cream Cheese   	String Cheese 
FRUIT/VEG ¾ C	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit

 Gluten  Soy  Dairy

Butter Beans offers dry cereal everyday.  
This institution is an equal opportunity provider.

# SNACK MENU

FROM MONDAY, MAY 13, 2024 TO FRIDAY, MAY 17, 2024

	MONDAY May 13	TUESDAY May 14	WEDNESDAY May 15	THURSDAY May 16	FRIDAY May 17
MMA/GRAIN 1-2oz eq	Goldfish  	Honey Grahams  	String Cheese 	Cheese Its   	Yogurt 
FRUIT/VEG ¾ C	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit

 Gluten  Soy  Dairy

Butter Beans offers dry cereal everyday.  
This institution is an equal opportunity provider.

# SNACK MENU

FROM MONDAY, MAY 20, 2024 TO FRIDAY, MAY 24, 2024

	MONDAY May 20	TUESDAY May 21	WEDNESDAY May 22	THURSDAY May 23	FRIDAY May 24
MMA/GRAIN 1-2oz eq	Cinnamon Graham Sticks  	Cheese Its   	Goldfish  	Pretzel Rod & Cream Cheese   	String Cheese 
FRUIT/VEG ¾ C	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit

 Gluten  Soy  Dairy

Butter Beans offers dry cereal everyday.  
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# SNACK MENU

FROM TUESDAY, MAY 28, 2024 TO FRIDAY, MAY 31, 2024

	TUESDAY May 28	WEDNESDAY May 29	THURSDAY May 30	FRIDAY May 31
MMA/GRAIN 1-2oz eq	Honey Grahams  	String Cheese 	Cheese Its   	Yogurt 
FRUIT/VEG ¾ C	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit

 Gluten  Soy  Dairy

Butter Beans offers dry cereal everyday.  
This institution is an equal opportunity provider.

# LUNCH MENU

FROM MONDAY, APRIL 29, 2024 TO FRIDAY, MAY 3, 2024

	MONDAY April 29	TUESDAY April 30	WEDNESDAY May 1	THURSDAY May 2	FRIDAY May 3
<b>MAIN ENTRÉE</b> Min 1 oz M/MA + 1 oz Grain	<b>NEW</b> Spring Beef Chili  ✓ Whole Wheat Bread 🌾	<b>NEW</b> West African Chicken & Jollof Rice	<b>NEW</b> Cheese Ravioli in a Butter Sauce 🌾🥚🥛	Breakfast For Lunch: Waffles 🌾🥚🥛  & Turkey Bacon	Cinco De Mayo: Turkey Tacos 🥛  on Flour Tortillas 🌾
<b>VEGETARIAN ENTRÉE</b> Min 1 oz M/MA + 1 oz Grain	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches 🌾🥚🥛	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches 🌾🥚🥛	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches 🌾🥚🥛	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches 🌾🥚🥛	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches 🌾🥚🥛
<b>VEGETABLES</b> ¾ C	✓ Roasted Carrots	✓ Roasted Plantains	✓ Steamed Broccoli	✓ Hash Browns 🥚	<b>NEW</b> Esquites 🥚🥛
<b>FRUIT</b> ½ C	Fresh fruit				
<b>MILK</b> 1 C	Low-fat & Fat-free 🥛				

🌿 Vegetarian ✓ Vegan **NEW** New 🌾 Gluten 🥚 Egg 🥛 Soy 🥛 Dairy

We offer Sunflower Butter and Jelly Sandwiches and Cheese Sandwiches on Whole Wheat Bread, along with Salad Greens, Crudités, Beans and Salad Dressings daily.  
We serve beans weekly, up to 3/4 cup per week.  
This institution is an equal opportunity provider.

non-vegetarian

# LUNCH MENU

FROM MONDAY, MAY 6, 2024 TO FRIDAY, MAY 10, 2024

	MONDAY May 6	TUESDAY May 7	WEDNESDAY May 8	THURSDAY May 9	FRIDAY May 10
<b>MAIN ENTRÉE</b> Min 1 oz M/MA + 1 oz Grain	 Pasta Marinara with Cheese  	Sweet Carolina BBQ Chicken  Whole Wheat Bread  	Ground Turkey Burrito Bowl with Rice 	Chicken Tenders  	 Cheese Pizza   
<b>VEGETARIAN ENTRÉE</b> Min 1 oz M/MA + 1 oz Grain	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches   	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches   	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches   	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches   	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches   
<b>VEGETABLES</b> ¾ C	 Roasted Carrots	 Steamed Green Beans	 Steamed Corn	 Steak Fries 	 Vegetable Medley
<b>FRUIT</b> ½ C	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
<b>MILK</b> 1 C	Low-fat & Fat-free 	Low-fat & Fat-free 	Low-fat & Fat-free 	Low-fat & Fat-free 	Low-fat & Fat-free 

 Vegetarian  Vegan  Gluten  Soy  Dairy

We offer Sunflower Butter and Jelly Sandwiches and Cheese Sandwiches on Whole Wheat Bread, along with Salad Greens, Crudités, Beans and Salad Dressings daily.  
We serve beans weekly, up to 3/4 cup per week.  
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non-vegetarian

# LUNCH MENU

FROM MONDAY, MAY 13, 2024 TO FRIDAY, MAY 17, 2024

	MONDAY May 13	TUESDAY May 14	WEDNESDAY May 15	THURSDAY May 16	FRIDAY May 17
<b>MAIN ENTRÉE</b> Min 1 oz M/MA + 1 oz Grain	 Mac & Cheese  	Indian Style Butter Chicken Over Rice 	 Mild Buffalo Beef Meatballs    	Breakfast For Lunch: French Toast    	Chicken Lo Mein  
			 Whole Wheat Bread  	Turkey Bacon	
<b>VEGETARIAN ENTRÉE</b> Min 1 oz M/MA + 1 oz Grain	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches   	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches   	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches   	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches   	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches   
<b>VEGETABLES</b> ¾ C	 Steamed Broccoli	 Steamed Green Beans	 Roasted Carrots	 Roasted Plantains	 Vegetable Medley
<b>FRUIT</b> ½ C	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
<b>MILK</b> 1 C	Low-fat & Fat-free 	Low-fat & Fat-free 	Low-fat & Fat-free 	Low-fat & Fat-free 	Low-fat & Fat-free 

 Vegetarian  Vegan  New  Gluten  Egg  Soy  Dairy

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non-vegetarian

# LUNCH MENU

FROM MONDAY, MAY 20, 2024 TO FRIDAY, MAY 24, 2024

	MONDAY May 20	TUESDAY May 21	WEDNESDAY May 22	THURSDAY May 23	FRIDAY May 24
<b>MAIN ENTRÉE</b> Min 1 oz M/MA + 1 oz Grain	 Cheese Tortellini in a Butter Sauce    	Turkey Tacos 	Blackened Chicken Over Rice	Beef Hot Dogs	 Cheese Pizza   
		 Flour Tortillas  		 Whole Wheat Buns  	
<b>VEGETARIAN ENTRÉE</b> Min 1 oz M/MA + 1 oz Grain	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches   	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches   	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches   	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches   	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches   
<b>VEGETABLES</b> ¾ C	 Roasted Carrots	 Steamed Green Beans	 Steamed Peas	 Roasted Potatoes	 Vegetable Medley
<b>FRUIT</b> ½ C	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
<b>MILK</b> 1 C	Low-fat & Fat-free 	Low-fat & Fat-free 	Low-fat & Fat-free 	Low-fat & Fat-free 	Low-fat & Fat-free 

 Vegetarian  Vegan  Gluten  Egg  Soy  Dairy

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non-vegetarian

# LUNCH MENU

FROM TUESDAY, MAY 28, 2024 TO FRIDAY, MAY 31, 2024

	TUESDAY May 28	WEDNESDAY May 29	THURSDAY May 30	FRIDAY May 31
<b>MAIN ENTRÉE</b> Min 1 oz M/MA + 1 oz Grain	 Baked Ziti  	Beef Burgers	Breakfast For Lunch: Pancakes    	<b>NEW</b> Spring Lemon Chicken Over Rice 
		 Whole Wheat Buns  	Turkey Bacon	
<b>VEGETARIAN ENTRÉE</b> Min 1 oz M/MA + 1 oz Grain	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches   	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches   	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches   	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches   
<b>VEGETABLES</b> ¾ C	 Roasted Carrots	 Tater Tots 	 Roasted Plantains	 Vegetable Medley
<b>FRUIT</b> ½ C	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
<b>MILK</b> 1 C	Low-fat & Fat-free 	Low-fat & Fat-free 	Low-fat & Fat-free 	Low-fat & Fat-free 

 Vegetarian  Vegan **NEW** New  Gluten  Egg  Soy  Dairy

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