

**Children's Nest
BREAKFAST
FIVE LOAVES FOOD SERVICE**
312 Bayview Ave.
Inwood, NY 11096
(516) 239-3925

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Blueberry Muffin – 1 oz Banana– 4oz Milk 1%-6oz	Whole Grain Toasted Oats - ½ cup Peaches– 4oz Milk 1%-6oz	Pancake w/ Syrup – 1 Slice Pineapple – 4oz Milk 1%-6oz	Corn Flakes– ½ cup Orange– 4oz Milk 1%-6oz	Whole Wheat Wrap w/ Cheese – 2 oz Banana– 4oz Milk 1%-6oz
Waffle w/ Syrup – 1 Slice Melon– 4oz Milk 1%-6oz	Rice Krispies– ¾ cup Orange– 4oz Milk 1%-6oz	Whole Wheat Bagel w/ Jelly– 1 Slice Banana– 4oz Milk 1%-6oz	Bran Flakes– ½ cup Peaches – 4oz Milk 1%-6oz	Corn Muffin – 1 oz Pineapple– 4oz Milk 1%-6oz
Corn Flakes– ½ cup Watermelon– 4oz Milk 1%-6oz	Whole Grain Toasted Oats– ½ cup Banana– 4oz Milk 1%-6oz	Whole Wheat French Toast w/Syrup – 1 Slice Melon– 4oz Milk 1%-6oz	Whole Wheat Wrap w/ Cheese – 2 oz Orange- 4oz Milk 1%-6oz	Rice Krispies – ¾ cup Banana– 4oz Milk 1%-6oz
Whole Grain Pancake w/ Syrup – 1 Slice Orange– 4oz Milk 1%-6oz	Corn Flakes – ½ cup Pineapple – 4oz Milk 1%-6oz	Blueberry Muffin – 1 oz Melon– 4oz Milk 1%-6oz	Whole Grain Toasted Oats – ½ cup Peaches– 4oz Milk 1%-6oz	Whole Wheat Waffle w/Syrup – 1 Slice Banana– 4oz Milk 1%-6oz

05/01/2019 - 06/30/2019

****Five Loaves Food Service Reserves the right to substitute items of same food components**
All Whole Wheat or Whole Grain Products are Whole Grain Rich**

Children's Nest

LUNCH

FIVE LOAVES FOOD SERVICE
312 Bayview Ave.
Inwood, NY 11096
(516) 239-3925

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Swedish Meatball w/Gravy - 3 oz Whole Wheat Bun - 1 oz Sweet Corn- 4 oz Apple- 4 oz Milk 1% - 6oz	Baked Chicken w/ Gravy - 3 oz Whole Wheat Wrap - 1 oz Italian Blend - 4 oz Pineapple - 4oz Milk 1% - 6oz	(**) Whole Grain Baked Macaroni w/ Cheese- 6 oz Green Beans- 4 oz Banana - 4oz Milk 1% - 6oz	Turkey Meatloaf w/ Gravy- 3 oz Brown Rice- 4 oz Steamed Carrot Sticks- 4 oz Melon- 4oz Milk 1%-6oz	(**) Cheese Lasagna - 4 oz Green Salad w/ Dressing- 4 oz Orange- 4oz Milk 1%-6oz
Breaded Chicken- 3 oz Whole Wheat Wrap - 1 oz Steamed Broccoli- 4 oz Banana- 4oz Milk 1%-6oz	Beef Hamburger- 3 oz French Fries - 4oz Whole Wheat Bun - 1 oz Pineapple- 4oz Milk 1%-6oz	(**) Baked Ziti w/ Cheese - 6 oz Mixed Vegetables- 4 oz Banana - 4oz Milk 1% - 6oz	Baked Chicken w/ Gravy- 3 oz Mashed Potatoes - 4 oz Steamed Carrot Sticks- 4oz Apple - 4oz Milk 1%-6oz	(**) Whole Grain Cheese Pizza- 4 oz Salad w/ Dressing - 4oz Orange - 4oz Milk 1% - 6oz
Chicken Patty- 3 oz Whole Wheat Bun - 1 oz Sweet Corn - 4 oz Apple- 4oz Milk 1%-6oz	(**) Turkey & Cheese - 3 oz Whole Wheat Wrap- 1 oz Tatar Tots - 4 oz Orange- 4oz Milk 1%-6oz	(**) Baked Macaroni w/ Cheese - 6 oz Green Beans - 4 oz Banana - 4 oz Milk 1% - 6 oz	Rosemary Italian Chicken w/ Gravy - 3oz Brown Rice- 4oz Salad w/ Dressing- 4oz Melon- 4oz Milk 1%-6oz	Open Hot Turkey w/ Gravy - 3 oz Mashed Potatoes- 4oz Whole Wheat Dinner Roll - 1 oz Banana- 4oz Milk 1%-6oz
Beef Hamburger- 3 oz Whole Wheat Bun- 1 oz French Fries - 4 oz Banana- 4oz Milk 1% - 6oz	(**) Whole Grain Cheese Pizza- 4 oz- House Salad w/ Dressing - 4 oz Pineapple- 4oz Milk 1%-6oz	(**) Whole Grain Baked Ziti & Cheese - 6 oz Sweet Peas - 4 oz Banana - 4oz Milk 1% - 6oz	BBQ Chicken - 3 oz Brown Rice- 4oz Sweet Corn - 4oz Orange- 4oz Milk 1%-6oz	Whole Grain Chicken Nuggets - 4 oz Mashed Potatoes - 4 oz Steamed Carrot Sticks- 4oz Apple- 4oz Milk 1% - 6oz

(**) 2 oz of Cheese Per Serving Size 05/01/2019 - 06/30/2019 (*) 2 oz of Meat Per Serving Size
Five Loaves Food Service Reserves the right to substitute items of same food components
All Whole Wheat or Whole Grain Products are Whole Grain Rich

Children's Nest
AM/PM SNACK
FIVE LOAVES FOOD SERVICE
 312 Bayview Ave.
 Inwood, NY 11096
 (516) 239-3925

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Whole Wheat Crackers- 2 oz Apple Juice - 4 oz	Whole Grain Pretzels - 1 oz Grape Juice- 4oz	Com Muffin- 1 oz Apple Juice - 4 oz	Non Fat Yogurt -4 oz Orange Juice- 4oz	Ritz Crackers- 1 oz Pineapple Juice - 4oz
Honey Graham - 1 oz Orange Juice- 4oz	Cheese It Crackers - 1 oz Apple Juice - 4 oz	Sliced Cheese w/ Saline Crackers - 2 oz Grape Juice- 4oz	Whole Grain Vanilla Dots- 1 oz Apple Juice - 4 oz	Animal Crackers - 1 oz Pineapple Juice- 4oz
Cheese It Crackers - 1 oz Apple Juice- 4oz	Blueberry Muffin - 1 oz Orange Juice - 4 oz	Non Fat Yogurt- 4 oz Pineapple Juice- 4oz	Animal Crackers - 1 oz Grape Juice- 4oz	Whole Wheat Crackers - 2 oz Apple Juice- 4oz
Whole Grain Vanilla Dots- 1 oz Orange Juice- 4oz	Whole Grain Pretzels - 1 oz Pineapple Juice - 4 oz	Sliced Cheese w/ Saline Crackers - 2 oz Apple Juice- 4oz	Ritz Crackers- 1 oz Grape Juice - 4 oz	Honey Graham Crackers - 1 oz Apple Juice- 4oz

05/01/2019 - 06/30/2019

****Five Loaves Food Service Reserves the right to substitute items of same food components.****
*****All Whole Wheat or Whole Grain Products are Whole Grain Rich*****