



Weekly Menu

May 19 – May 23, 2025



Water is served with all snacks & meals	Breakfast	Morning snack	Lunch	Afternoon snack
Monday	Cereal w/Milk Fresh Strawberry Non-Fat Milk - Over 2 Whole Milk - Under 2	Apple Slices Cheddar Cheese Slices Whole Wheat Crackers	Ham or Turkey & Cheese Sandwich Mixed Steamed Veggies Fresh Fruit	Refried Beans Tortilla Chips
Tuesday	English Muffin Egg & Cheese Sandwich Fresh Fruit Non-Fat Milk - Over 2 Whole Milk - Under 2	Goldfish Crackers Cucumber Slices	Beef Quesadillas Mixed Steamed Veggies Fresh Fruit Non-Fat Milk - Over 2 Whole Milk - Under 2	Fruit Bar Cucumber Slices
Wednesday	Waffles & Sausage Fresh Fruit Non-Fat Milk - Over 2 Whole Milk - Under 2	Fruit Bar Cucumber Slices	Meatballs Mixed Steamed Veggies Fresh Fruit Non-Fat Milk - Over 2 Whole Milk - Under 2	Cheese Slices Avocado Cubes Whole Wheat Crackers
Thursday	Ham & Cheese Breakfast Burrito Fresh Fruit Non-Fat Milk - Over 2 Whole Milk - Under 2	Tortilla Chips Guacamole	Pasta w/Meat Sauce Green Salad Whole Wheat Toast Non-Fat Milk - Over 2 Whole Milk - Under 2	Ham or Turkey & Cheese Mini Wraps Tomato Slices
Friday	Cheese & Spinach Omelet Fresh Fruit Whole Wheat Toast Non-Fat Milk - Over 2 Whole Milk - Under 2	Fresh Fruit Bowl Cucumber Slices Whole Wheat Crackers	Macaroni & Cheese Mixed Steamed Veggies Fresh Fruit Whole Wheat Crackers Non-Fat Milk - Over 2 Whole Milk - Under 2	Apples Peanut Butter