




Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Home Fries Scrambled Eggs with Swiss Whole Grain Corn Muffins Strawberries 1% Low Fat Milk Ketchup (1 Tbsp)	2 Cheerios Cottage Cheese (3/4 cup) Egg and Broccoli Scramble Banana 1% Low Fat Milk Ketchup (1 Tbsp)	3 Bran Flakes Cereal Cheddar and Potato Bake Blueberries Whole Grain Apple Cinnamon Muffin (pre-prepared) 1% Low Fat Milk Ketchup (1 Tbsp)
6 Egg Whites Instant Maple Flavored Oatmeal (1/2 cup) Pancakes (pre-prepared) Orange 1% Low Fat Milk Pancake Syrup	7 Multigrain Bread Spinach, Vegetable, and Cheddar Frittata Yogurt Parfait with Peaches 1% Low Fat Milk Margarine	8 Hard Boiled Egg Oatmeal (1 cup) Plain French Toast (pre-prepared) Banana 1% Low Fat Milk Pancake Syrup	9 Apple Pie Oatmeal Scrambled Eggs with Red Peppers and Onions Apple 1% Low Fat Milk Margarine	10 Cheddar and Potato Bake Whole Grain Waffle (pre-prepared) Orange 1% Low Fat Milk Pancake Syrup
13 Egg Whites Oatmeal (1 cup) Tropical Waffles with Mangoes and Whipped Cream Orange 1% Low Fat Milk Pancake Syrup	14 Vegetable Egg Frittata Whole Wheat Blueberry Muffins Apple 1% Low Fat Milk Ketchup (1 Tbsp)	15 Apple Pie Oatmeal Cinnamon French Toast (pre-prepared) Hard Boiled Egg Banana 1% Low Fat Milk Pancake Syrup	16 Party Day Cheddar and Potato Bake Multigrain Cheerios Pear 1% Low Fat Milk Ketchup (1 Tbsp)	17 Apple Pancakes Farina Hard Boiled Egg Blueberries 1% Low Fat Milk Pancake Syrup
20 Egg and Broccoli Scramble Instant Maple Flavored Oatmeal (1/2 cup) Whole Grain Apple Cinnamon Muffin (pre-prepared) Pear 1% Low Fat Milk Ketchup (9g packet)	21 Cinnamon Whole Wheat French Toast Grits (1 cup) Hard Boiled Egg Yogurt Parfait with Blueberries 1% Low Fat Milk Pancake Syrup	22 Creamy Oat Bran (1/2 cup) Scrambled Eggs with Swiss Whole Wheat Bread Banana 1% Low Fat Milk Margarine	23 Creamy Apple-Raisin Oatmeal Egg Frittata with Potatoes and Peas Orange 1% Low Fat Milk Ketchup (1 Tbsp)	24 California Veggie Burger (pre-prepared, 2.5oz) Farina Whole Wheat Mini Bagel Apple 1% Low Fat Milk Cream Cheese Ketchup (9g packet)
27 Memorial Day Center Closed	28 Cheddar and Potato Bake Creamy Apple-Raisin Oatmeal Orange 1% Low Fat Milk Margarine	29 Cheese Omelet (pre prepared) Grits (1 cup) Whole Wheat Mini Bagel Banana 1% Low Fat Milk Pancake Syrup	30 Instant Maple Flavored Oatmeal (1/2 cup) Multigrain Bread Spinach and Mozzarella Frittata Pear 1% Low Fat Milk	31 Coconut Banana Whole Wheat French Toast Cottage Cheese (3/4 cup) Hard Boiled Egg Frozen Mixed Berries * 1% Low Fat Milk Pancake Syrup



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LUNCH MENU May 2024

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Zapiekanka z Fasola (Polish Bean Casserole) Brown Rice with Mushrooms Normandy Blend * Banana 1% Low Fat Milk Chocolate Pudding (pre-prepared)	2 Baked Pork Baby Carrots and Parsley * Whole Wheat Dinner Roll Homemade Mashed Potatoes Pear 1% Low Fat Milk Mushroom Barley Soup	3 Parmesan Baked Fish - OR - Chicken Legs with Stewed Tomatoes Whole Wheat Bread Broccoli with Toasted Garlic Italian Chickpea Pasta Salad Apple 1% Low Fat Milk
6 Chicken Kiev Whole Wheat Bread Baked Potato Tangy Green Beans * Orange 1% Low Fat Milk	7 Smokey Black Bean and Sweet Potato Chili Whole Wheat Dinner Roll Honey Garlic Roasted Cauliflower * Apple 1% Low Fat Milk	8 Baked Chicken Quarters Turkey Gravy (from powdered mix) Whole Wheat Bread Egg Noodles Prince Edward Blend Vegetables * Grapes 1% Low Fat Milk	9 Teriyaki Pork Loin Multigrain Bread Oriental Blend Vegetables Sweet Baked Yams Orange 1% Low Fat Milk	10 Baked Fish with Garlic Sauce - OR - Swiss Steak with Onions Kashmir Brown Rice Sauteed Broccoli with Mushrooms Pear 1% Low Fat Milk
13 California Veggie Burger Cheddar Cheese Slice Whole Wheat Hamburger Bun Baked Red Potato Wedges Sauteed Green Beans with Orange Rice Pudding (pre-prepared) 1% Low Fat Milk	14 Baked Pork Chops Multigrain Bread Oriental Blend Vegetables Sweet Baked Yams Apple 1% Low Fat Milk	15 Baked Ziti with Ricotta Tomato Sauce (pre-prepared, 1/4 cup) Whole Wheat Dinner Roll Garden Salad * Italian Blend Vegetables Pear 1% Low Fat Milk	16 Party Day Chicken Kiev Whole Wheat Bread O'Brien Potatoes Steamed Broccoli * Grapes 1% Low Fat Milk	17 Baked Marinated Fish - OR - Swiss Steak with Onions Kashmir Brown Rice Prince Edward Blend Vegetables * Orange 1% Low Fat Milk
20 Baked Pork Chops Whole Wheat Dinner Roll Broccoli with Toasted Garlic * Sauteed Zucchini Vegetables * Apple 1% Low Fat Milk	21 Veggie Burger Whole Wheat Bun Orange 1% Low Fat Milk Chocolate Pudding (pre-prepared)	22 Beef Meatloaf with Mushroom Gravy Whole Wheat Dinner Roll Homemade Mashed Potatoes Steamed Green Beans * Banana 1% Low Fat Milk	23 Oven Fried Chicken Multigrain Bread Steamed Cauliflower * Sweet Baked Yams Grapes 1% Low Fat Milk	24 Sweet Orange Salmon - OR - Swiss Steak with Onions Half White Half Brown Rice (1 cup) Normandy Blend * Pear 1% Low Fat Milk
27 Memorial Day Center closed	28 Lemon Chicken Multigrain Bread Broccoli with Toasted Garlic * Sweet Baked Yams Apple 1% Low Fat Milk	29 Stewed Pork Chops Half White Half Brown Rice (1 cup) Baby Carrots with Parsley Banana 1% Low Fat Milk	30 Beef Pot Roast with Mushrooms Whole Wheat Dinner Roll Homemade Mashed Potatoes Steamed Green Beans * Grapes 1% Low Fat Milk	31 Baked Flounder - OR - Turkey Burger Whole Wheat Bread - OR - Whole Wheat Hamburger Bun Coleslaw (pre-prepared) Roasted Zucchini * Orange 1% Low Fat Milk