





BREAKFAST MENU May 2026

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Cheerios Egg Whites Non-Fat Peach Greek Yogurt (5.3oz) Banana 1% Low Fat Milk Ketchup (9g packet)
4 Cocoa Puffs (Reduced Sugar) Cereal (pre-prepared) Scrambled Eggs Whole Wheat Cinnamon Pancakes Canned Pineapple (1 svg) 1% Low Fat Milk Ketchup (9g packet) Pancake Syrup	5 Cheddar and Potato Bake Raisin Bran Cereal Canned Sliced Peaches (1/2 svg) 1% Low Fat Milk Ketchup (1 Tbsp)	6 Cheese Omelet (pre prepared) Grits (1 cup) Non-Fat Blueberry Greek Yogurt (5.3oz) Cantaloupe 1% Low Fat Milk Margarine	7 Cheerios Egg Whites Plain Mini Bagel Orange 1% Low Fat Milk Ketchup (9g packet) Reduced Fat Cream Cheese (1 oz)	8 Coconut Banana Whole Wheat French Toast Cottage Cheese (1/2 cup) Hard Boiled Egg Apple 1% Low Fat Milk Pancake Syrup
11 Egg and Broccoli Scramble English Muffin, Whole Wheat Home Fries Canned Sliced Peaches (1/2 svg) 1% Low Fat Milk Ketchup (1 Tbsp) Margarine	12 Cottage Cheese (1/2 cup) Egg Frittata with Potatoes and Peas Grits (1 cup) Apple 1% Low Fat Milk Ketchup (1 Tbsp)	13 Bran Flakes Cereal Cinnamon Whole Wheat French Toast Hard Boiled Egg Honeydew 1% Low Fat Milk Pancake Syrup Reduced Fat Cream Cheese (1 oz)	14 Apple Pie Oatmeal Corn Muffin (pre-prepared) Scrambled Eggs Fruit Salad 1% Low Fat Milk Margarine	15 Cheddar and Potato Bake Farina Non-Fat Peach Greek Yogurt (5.3oz) Orange 1% Low Fat Milk Margarine
18 Baked Egg Omelette Wheat Flake Cereal Whole Grain Banana Muffin (pre-prepared) Apple 1% Low Fat Milk Ketchup (9g packet)	19 Oatmeal (1 cup) Potato Spinach Frittata Honeydew 1% Low Fat Milk Ketchup (9g packet)	20 Bran Flakes Cereal Dairy Free Texas French Toast (pre-prepared) Hard Boiled Egg Strawberry Applesauce 1% Low Fat Milk Ketchup (1 Tbsp) Pancake Syrup	21 Cottage Cheese (1/2 cup) Egg and Broccoli Scramble English Muffin, Whole Wheat Cantaloupe 1% Low Fat Milk Ketchup (1 Tbsp)	22 Cocoa Puffs (Reduced Sugar) Cereal (pre-prepared) Pancakes (pre-prepared) Scrambled Eggs with Swiss Orange 1% Low Fat Milk Ketchup (1 Tbsp) Pancake Syrup
25 Memorial Day Closed	26 Cheerios Egg Frittata with Potatoes and Peas Whole Grain Corn Muffins Canned Sliced Peaches (1 svg) 1% Low Fat Milk Ketchup (9g packet) Margarine	27 1% Low Fat Milk Pancake Syrup Dairy Free Texas French Toast (pre-prepared) Hard Boiled Egg Wheatena Canned Pineapple (1 svg)	28 Cheese Frittata Toasted Oats Cereal Whole Grain Banana Muffin (pre-prepared) Apple 1% Low Fat Milk Margarine	29 Egg Whites Oatmeal (1 cup) Pancakes (pre-prepared) Canned Pears (1 svg) 1% Low Fat Milk Pancake Syrup

LUNCH MENU May 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p>May Is Older Americans Month</p>				<p>1 Baked Salmon Yellow Rice Sauteed Spinach (1 svg) Canned Sliced Peaches (1 svg) 1% Low Fat Milk</p>
<p>4 Italian Roasted Pork Tenderloin Whole Wheat Dinner Roll Broccoli with Toasted Garlic (1 svg) Cauliflower Rice Apple 1% Low Fat Milk</p>	<p>5 Beef Meatloaf with Mushroom Gravy Multigrain Bread Creamed Spinach (1 svg) Garlic Mashed Potatoes (1/2 svg) Canned Pears (1 svg) 1% Low Fat Milk</p>	<p>6 Oven Fried Chicken Whole Grain Cornbread Loaf (pre-prepared) Baked Sweet Potato Vegetable Mix (non-starchy) (1 svg) Banana 1% Low Fat Milk</p>	<p>7 Baked Flounder Kaiser Roll Orzo Roasted Zucchini (1 svg) Fruit Cocktail (1 svg) 1% Low Fat Milk</p>	<p>8 Classic Lentil Soup (pre-prepared) Black Bean Burger (pre-prepared) Lemon Rice Mixed Green Salad with Dressing (1 svg) Orange 1% Low Fat Milk</p>
<p>11 BBQ Chicken Leg Quarters Whole Grain Cornbread Loaf (pre-prepared) Baked Red Potato Wedges Creamed Spinach (1 svg) Orange 1% Low Fat Milk</p>	<p>12 Velvety Meatless Shepherd's Pie Whole Wheat Dinner Roll Normandy Blend (1 svg) Apple 1% Low Fat Milk</p>	<p>13 Breaded Fish Fillet (pre-prepared) Orzo Whole Wheat Bread Broccoli with Toasted Garlic (1 svg) Canned Mandarin Oranges (1 svg) 1% Low Fat Milk</p>	<p>14 Split Pea and Kale Soup (pre-prepared) Teriyaki Pork Loin Whole Wheat Dinner Roll Steamed Cauliflower (1 svg) Sweet Baked Yams Canned Pineapple (1 svg) 1% Low Fat Milk</p>	<p>15 Baked Ziti with Beef Meatballs Whole Wheat Dinner Roll Italian Cut Green Beans (1 svg) Tossed Salad with Dressing (1 svg) Banana 1% Low Fat Milk</p>
<p>18 Italian Roast Chicken Whole Wheat Dinner Roll Roasted Potatoes Sauteed Spinach and Tomatoes (1 svg) Orange 1% Low Fat Milk</p>	<p>19 Mushroom Barley Soup Baked Pork Whole Grain Cornbread Loaf (pre-prepared) Oriental Blend Vegetables (1 svg) Sweet Baked Yams Apple 1% Low Fat Milk</p>	<p>20 Baked Breaded Fish Fillets Brown Rice (1 cup) Roasted Zucchini (1/2 svg) Canned Pineapple (1 svg) 1% Low Fat Milk</p>	<p>21 PARTY DAY Stuffed Cabbage Baked Potato Green Beans Dinner Roll Chocolate Pudding Pear 1% Low Fat Milk</p> 	<p>22 Classic Lentil Soup (pre-prepared) Mama's Pasta Fagioli Multigrain Bread Garden Salad (no dressing) (1 svg) Canned Sliced Peaches (1 svg) 1% Low Fat Milk</p>
<p>25 Memorial Day Closed</p> 	<p>26 Southwest Sweet Potato Chickpea Delight Confetti Brown Rice Steamed Kale (1/2 svg) Orange 1% Low Fat Milk</p>	<p>27 Breaded Fish Fillet (pre-prepared) Cheese Tortellini (pre-prepared) Sauteed Spinach and Tomatoes (1 svg) Orange 1% Low Fat Milk</p>	<p>28 Baked Mushroom Chicken Whole Wheat Dinner Roll Baby Carrots and Parsley (1 svg) Baked Potato Apple 1% Low Fat Milk</p>	<p>29 Cheesy Baked Spaghetti Whole Wheat Dinner Roll Italian Cut Green Beans (1 svg) Tossed Salad with Dressing (1 svg) Banana 1% Low Fat Milk</p>

