



May Menu 3-5 Year Olds



SITE NAME

| Week 1 | Monday 6 | Tuesday 7 | Wednesday 8 | Thursday 9 |
|-------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|
| BREAKFAST • Grains, or meat/meat alternate (no more than 3 times per week) • Vegetables or Fruits • Fluid Milk • Other Foods | (ID CACFP) WG PATTY CAKE PANCAKE APPLESAUCE 1% MILK | VANILLA YOGURT PEACHES 1% MILK | (CN LABEL) EGG AND CHEESE BURRITO CANNED APRICOTS 1% MILK | COLD CEREAL – KIX BANANAS 1% MILK |
| LUNCH • Meat or meat alternate • Vegetables •Fruits/Veg • Grains • Fluid Milk • Other Foods | HAMBURGERS GREEN SALAD CANTALOUPE CUBES WG HAMBURGER BUN 1% MILK | (D-10) TUNA PATTY TROPICAL FRUIT CAULIFLOWER AND BROCCOLI 1% MILK | (CN LABEL) ULTIMATE FISH STICKS PEAS AND CARROTS STRAWBERRIES CN WG FISH STICKS 1% MILK | (WR-5) TACO SOUP WITH CHEESE KALE CHIPS PEACHES WG TORTILLA CHIPS 1% MILK |
| SNACK (Select two of these five components) • Meat or meat alternate • Vegetables • Fruits • Grains • Fluid Milk | FRESH ORANGE WEDGES 1% MILK | (USDA) SOUR CUCUMBER BITES 1% MILK | TORTILLA CHIPS SALSA 1% MILK | WG GOLDFISH CRACKERS 1% MILK |
| Week 2 | Monday 13 | Tuesday 14 | Wednesday 15 | Thursday 16 |
| BREAKFAST • Grains, or meat/meat alternate (no more than 3 times per week) • Vegetables or Fruits • Fluid Milk • Other Foods | SCRAMBLED EGGS WITH CHEESE MIXED FRUIT WG TOAST 1% MILK | (USDA) BANANA BREAD SQUARES DICED MANGO 1% MILK | COLD CEREAL – FROSTED MINI WHEATS CANNED APPLES 1% MILK | WG ENGLISH MUFFINS CANNED APRICOTS 1% MILK |
| LUNCH • Meat or meat alternate • Vegetables •Fruits/Veg • Grains • Fluid Milk • Other Foods | (WR-2) CHICKEN ENCHILADA CASSEROLE GREEN BEANS PEAR SLICES WG CORN TORTILLAS 1% MILK | (D-20) MACARONI AND CHEESE BROCCOLI FRESH APPLE WEDGES WG MACARONI NOODLES 1% MILK | (D-09A) TORTILLA ROLL UP CHERRY TOMATOES CANTALOUPE CUBES WG FLOUR TORTILLA 1% MILK | (IDAHO CACFP) TOASTED CHEESE SANDWICH TOMATO SOUP HONEYDEW CUBES PEAS WG BREAD 1% MILK |
| SNACK (Select two of these five components) • Meat or meat alternate • Vegetables • Fruits • Grains • Fluid Milk | WG GRAHAM CRACKERS APPLESAUCE 1% MILK | WG CHEEZ IT CRACKERS BANANAS 1% MILK | STRAWBERRY YOGURT STRAWBERRIES 1% MILK | (PFS) BLUEBERRY MUFFINS (DAVE'S BAKERY) 1% MILK |

*All cold cereals served are based upon WIC cereal list
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SITE NAME

| Week 3 | Monday 20 | Tuesday 21 | Wednesday 22 | Thursday 23 |
|-------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|
| BREAKFAST • Grains, or meat/meat alternate (no more than 3 times per week) • Vegetables or Fruits • Fluid Milk • Other Foods | SCRAMBLED EGGS WITH CHEESE STRAWBERRIES WG TOAST 1% MILK | OATMEAL MUFFIN SQUARES (OR MUFFUNS) CANTALOUPE CUBES 1% MILK (A-11B) | COLD CEREAL - CHEERIOS PEACHES 1% MILK | WG FRENCH TOAST STICKS APPLESAUCE 1% MILK (PFS) |
| LUNCH • Meat or meat alternate • Vegetables •Fruits/Veg • Grains • Fluid Milk • Other Foods | THE MAX CHEESE PIZZA TROPICAL FRUIT CAULIFLOWER AND BROCCOLI WG CN LABELED PIZZA 1% MILK (CN LABEL) | SWEET AND SASSY CHICKEN RED AND GREEN BELL PEPPERS PINEAPPLE CHUNKS WG BROWN RICE 1% MILK (CNRB) | BEEF SLOPPY JOE MIXED FRUIT GREEN BEANS WG HAMBURGER BUN 1% MILK (F-12) | CHICKEN NUGGETS SWEET POTATO FRIES HONEYDEW CUBES WG DINNER ROLL 1% MILK (CN LABEL) |
| SNACK (Select two of these five components) • Meat or meat alternate • Vegetables • Fruits • Grains • Fluid Milk | FRESH APPLE WEDGES SUNBUTTER 1% MILK | REFRIED BEANS WG TORTILLA CHIPS 1% MILK | HANDS ON CEREAL BANANAS 1% MILK | FRESH CARROT STICKS WITH RANCH 1% MILK |
| Week 4 | Monday 27 | Tuesday 28 | Wednesday 29 | Thursday 30 |
| BREAKFAST • Grains, or meat/meat alternate (no more than 3 times per week) • Vegetables or Fruits • Fluid Milk • Other Foods | COLD CEREAL – LIFE BANANAS 1% MILK | SCRAMBLED EGGS WITH CHEESE HONEYDEW CUBES 1% MILK | CREAM OF WHEAT FARINA CANNED APPLES 1% MILK | BISCUITS AND SAUSAGE GRAVY CANNED APRICOTS 1% MILK |
| LUNCH • Meat or meat alternate • Vegetables •Fruits/Veg • Grains • Fluid Milk • Other Foods | MEATBALLS MASHED POTATOES PEARS WG BREADSTICKS 1% MILK (CN LABEL) | TUNA SALAD SANDWICH PEAS FRESH APPLE WEDGES WG BREAD 1% MILK (IDAHO CACFP) | OVEN BAKED PARMESAN CHICKEN TOMATO WEDGES FRUIT SALAD WG PARMESAN BREADSTICKS 1% MILK (D-5) | GLAZED MEATLOAF ZUCCHINI CANTALOUPE CUBES WG DINNER ROLL 1% MILK (D-04A) |
| SNACK (Select two of these five components) • Meat or meat alternate • Vegetables • Fruits • Grains • Fluid Milk | WG GRAHAM CRACKERS APPLESAUCE 1% MILK | WG BREADSTICKS MARINARA SAUCE 1% MILK | VANILLA YOGURT PEACHES 1% MILK | BANANA SUSHI ROLL 1% MILK (NATIONAL CACFP) |

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SITE NAME

| Week 5 | Monday | Tuesday | Wednesday (May 1 st) | Thursday (May 2 nd) |
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| BREAKFAST <ul style="list-style-type: none"> • Grains, or meat/meat alternate (no more than 3 times per week) • Vegetables or Fruits • Fluid Milk • Other Foods | | | WG TOAST CANNED APRICOTS 1% MILK | COLD CEREAL – CHEERIOS BANANAS 1% MILK |
| LUNCH <ul style="list-style-type: none"> • Meat or meat alternate • Vegetables •Fruits/Veg • Grains • Fluid Milk • Other Foods | | | (D-03A) BEEF AND SPAGHETTI CASSEROLE GREEN BEANS MIXED FRUIT WG SPAGHETTI NOODLES 1% MILK | (IDAHO CACFP) CHICKEN NOODLE SOUP COOKED CARROTS TROPICAL FRUIT WG CN CHEESE BREADSTICK 1% MILK |
| SNACK (Select two of these five components) <ul style="list-style-type: none"> • Meat or meat alternate • Vegetables • Fruits • Grains • Fluid Milk | | | MANDARIN ORANGES 1% MILK | WG GRAHAM CRACKERS 1% MILK |

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