

# May 2012

Monday					Tuesday					Wednesday					Thursday					Friday																																							
<p style="text-align: center;">April</p> <table border="1"> <tr><td>M</td><td>T</td><td>W</td><td>TH</td><td>F</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>30</td><td></td><td></td><td></td><td></td></tr> </table>					M	T	W	TH	F	2	3	4	5	6	9	10	11	12	13	16	17	18	19	20	23	24	25	26	27	30					<p><b>1</b> Breakfast: Cereal Bowl OR Cinnamon Roll</p> <p><b>Sunnyside Up Sandwich</b> (Egg, Ham, Cheese on an English Muffin) <b>Tater Tots</b> <b>Orange Juice</b></p>					<p><b>2</b> Breakfast: Cereal Bowl OR Cereal Bar &amp; String Cheese</p> <p><b>Beef Spaghetti</b> <b>String Cheese</b> <b>Tossed Salad</b> <b>Ranch Dressing</b> <b>Applesauce</b></p>					<p><b>3</b> Breakfast: Cereal Bowl OR Cheese Quesadilla</p> <p><b>Crispy Chicken Sandwich</b> <b>Lettuce &amp; Pickles</b> <b>Frozen Peach Cup</b> <b>Dino Bites</b></p>					<p><b>4</b> Breakfast: Cereal Bowl OR Tac-Go</p> <p><b>Bean &amp; Cheese Burrito</b> <b>Jicama Sticks</b> <b>Mixed Fruit</b></p>					<p><b>Zucchini &amp; Carrots</b> (makes 4 servings)</p> <p>2 medium carrots (1 cup) 4 medium zucchini, cut into julienne strips 1 tbl. margarine/butter 1 tsp. dried sage leaves ¼ tsp. dried dill weed 2 tsp. lemon juice ¼ tps. Salt ¼ tsp. pepper</p> <p>Place steamer basket in ½" water in saucepan. Place carrots in basket. Cover tightly and heat to boiling; reduce heat. Steam carrots 3 min. Add zucchini. Steam 4 to 6 minutes or until carrots and zucchini are crisp-tender. Melt margarine in 12" skillet over medium heat. Stir in carrots, zucchini and remaining ingredients. Cook uncovered 2 to 3 minutes, stirring gently.</p> <p><b>Nutritionals:</b> Calories 70 Total Fat 2½ g Sodium 200 mg Carbohydrates 9 g Fiber 3 g Protein 2 g</p>				
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<p><b>7</b> Breakfast: Cereal Bowl OR Bagel &amp; Cream Cheese</p> <p><b>Orange Chicken</b> <b>Sticky Rice</b> <b>Carrots</b> <b>Banana</b></p>					<p><b>8</b> Breakfast: Cereal Bowl OR Cinnamon Roll</p> <p><b>Grilled Cheese Sandwich</b> <b>Tossed Salad</b> <b>Ranch Dressing</b> <b>Diced Pears</b></p>					<p><b>9</b> Breakfast: Cereal Bowl OR Cereal Bar &amp; String Cheese</p> <p><b>Chicken Nuggets</b> <b>Zucchini</b> <b>Applesauce</b> <b>Cornbread</b> </p>					<p><b>10</b> Breakfast: Cereal Bowl OR Cheese Skillet Omelet</p> <p><b>Beef Tostada</b> <b>Cheese &amp; Lettuce</b> <b>Mixed Fruit</b> <b>Cinnamon Belly Bears</b></p>					<p><b>11</b> Breakfast: Cereal Bowl OR French Toast Stick</p> <p><b>Hamburger on a Bun</b> <b>Lettuce &amp; Pickles</b> <b>Oven Fries</b> <b>Peaches</b></p>																																							
<p><b>14</b> Breakfast: Cereal Bowl OR Bagel &amp; Cream Cheese</p> <p><b>Grilled Ham &amp; Cheese</b> <b>Celery Sticks</b> <b>Applesauce</b></p>					<p><b>15</b> Breakfast: Cereal Bowl OR Cinnamon Roll</p> <p><b>Mini Cheeseburger Twins</b> <b>Oven Fries</b> <b>Carrots</b></p>					<p><b>16</b> Breakfast: Cereal Bowl OR Cereal Bar &amp; String Cheese</p> <p><b>Crispy Chicken Sandwich</b> <b>Lettuce &amp; Pickles</b> <b>Mixed Fruit</b> <b>Lemon Dinosaur Cookie</b></p>					<p><b>17</b> Breakfast: Cereal Bowl OR Breakfast Wrap</p> <p><b>Teriyaki Chicken</b> <b>Chow Mein</b> <b>Fresh Fruit</b> <b>Green Beans</b> <b>Fortune Cookie</b></p>					<p><b>18</b> Breakfast : Cereal Bowl OR Cheese Skillet Omelet</p> <p><b>Chicken Tenders</b> <b>Corn Nibbles</b> <b>Fresh Fruit</b></p>																																							
<p><b>21</b> Breakfast: Cereal Bowl OR Bagel &amp; Cream Cheese</p> <p><b>Chicken Fajitas</b> <b>Flour Tortillas</b> <b>Applesauce</b> <b>Lettuce &amp; Cheese</b></p>					<p><b>22</b> Breakfast: Cereal Bowl OR Cinnamon Roll</p> <p><b>Cheese Pizza</b> <b>Green Beans</b> <b>Peaches</b> <b>Double Chocolate Muffin</b></p>					<p><b>23</b> Breakfast: Cereal Bowl OR Cereal Bar &amp; String Cheese</p> <p><b>Chicken Nuggets</b> <b>Tossed Salad</b> <b>Ranch Dressing</b> <b>Fresh Fruit</b></p>					<p><b>24</b> Breakfast: Cereal Bowl OR Pancake &amp; Sausage Stick</p> <p><b>Pancake</b> <b>Sausage Links</b> <b>Tater Tots</b> <b>Orange Juice</b></p>					<p><b>25</b> Breakfast: Cereal Bowl OR Breakfast Burrito</p> <p><b>Mac &amp; Cheese</b> <b>Carrots</b> <b>Shape Up</b> <b>May Birthday Cookie</b></p>																																							
<p><b>28</b></p> <p><b>Memorial Day</b> <b>Holiday</b></p> 					<p><b>29</b> Breakfast: Cereal Bowl OR Cinnamon Roll</p> <p><b>Popcorn Chicken</b> <b>Diced Pears</b> <b>Baby Carrots</b></p>					<p><b>30</b> Breakfast: Cereal Bowl OR Cereal Bar &amp; String Cheese</p> <p><b>Hamburger on a Bun</b> <b>Lettuce &amp; Pickles</b> <b>Strawberry Cup</b> <b>Sunshine Bread</b></p>					<p><b>31</b> Breakfast: Cereal Bowl OR Cheese Quesadilla</p> <p><b>Turkey Chili</b> <b>Oven Fries</b> <b>Green Beans</b> <b>Chocolate Chip Muffin</b></p>					<table border="1"> <tr><th colspan="5">June</th></tr> <tr><td>M</td><td>T</td><td>W</td><td>TH</td><td>F</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr> </table>					June					M	T	W	TH	F	4	5	6	7	8	11	12	13	14	15	18	19	20	21	22	25	26	27	28	29					
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