

T.L.A May Menu 2022 (MENU SUBJECT TO CHANGE)

“Whole Grain Bread is served with Lunch Meals”

1 Year olds get Whole Milk & 2 and older get 1% Milk

	Monday	Tuesday	Wednesday	Thursday	Friday
	2	3	4	5	6
B	Waffles(WG)Mixed Fruit,Cheese Stick Milk1%	French Toast(WG) Pears, Yogurt, Milk1%	Cheerios(WG),Milk1% Cheese Stick,Bananas	Kix(WG),Oranges, Raisins, Milk1%	Bagel(WG)Cream Cheese,Bananas, milk1%
L	Mac & Cheese(WG) Green Beans,Oranges Milk1%	Chicken Nuggets (WG), Corn Bread (WG), Milk1% Pineapple	Grilled Cheese(WG) Hash Brown,Peaches Milk1%	Beef & Noodle(WG) Peas, Mango,Milk1%	Turkey on Wheat(WG) Carrots,Pineapple Milk1%
S	Wheat Crackers(WG) Oranges, Water	Graham Crackers (WG),Blueberry,Water	Animal Crackers(WG) Raspberries,Water	Wheat Crackers(WG) Cheese, Water	Pretzel(WG)apples Water
	9	10	11	12	13
B	Pancake(WG), Raisins,Applesauce, Milk 1%	French Toast,(WG) Pears,yogurt, Milk1%	Cheerios,(WG) Bananas, Cheese Stick, Milk1%	Bagel,(WG) Pears,Cream Cheese, Milk1%	Kix Cereal, (WG)Bananas Milk,1% Raisins
L	Quesadilla, Black Beans, Mango,Milk1%	Chicken & Rice,(WG) Green Beans, Oranges, Milk1%	Turkey Meatball, Broccoli, Crackers (WG), Peaches,Milk1%	Ground Beef & Pasta(WG),Corn, Pears, Milk1%	Grilled Cheese(WG), Hash Brown, Mango Milk1%
S	Sunchips(WG), Cheese Stick, Water	*Cheez-its(WG) Apples, Water	Animal Crackers(WG) Blueberries, Water	Pretzel (WG),Cheese Water	Graham Crackers (WG),Raspberries, Water
	16	17	18	19	20
B	Bagel(WG) & Cream Cheese, Pears,Milk1%	Kix(WG), Bananas, Milk1%	Bagel (WG), Cream Cheese, Milk 1%,Pears	Cheerios(WG), Raisins, Bananas, Milk1%	French Toast(WG), Pears,Yogurt, Milk1%
L	Ground Beef Spaghetti,(WG) Carrots Pineapple, Milk1%	Chicken Nugget,(WG) Celery*Bread, Pineapple,Milk1%	Mac & Cheese(WG), GreenBeans,Pineapple Milk1%	Turkey, Wheat bread (WG), Hash Brown, Oranges, Milk1%	Chicken & Waffles (WG)Hash Brown, Apples, Milk 1%
S	GoldFish(WG) Mixed Fruit, Water	Cheese & Crackers (WG), Water	Sunchip(WG) & Cheese Stick, Water	Goldfish(WG),Apples Water	Sunchips,(WG),Water Mixed Fruit
	23	24	25	26	27
B	Cheerios(WG),String Cheese, Bananas Milk 1%	Bagel(WG), Cream Cheese, Pears, Milk1%	Chex,(WG) Raisins, Pineapple,Milk1%	Kix,(WG) Pears, Raisins Milk 1%	Cheerios(WG) Bananas, Cheese Stick, Milk 1%
L	Chicken Salad, Crackers (WG), Carrots,Mangos,Milk1	Grilled Cheese(WG) Hash Brown, Pears Milk1%	Chicken Nuggets,(WG) Broccoli,Peaches, Bread(WG), Milk1%	Spaghetti w ground beef,Corn,Oranges Milk1%	Turkey on Wheat (WG)Carrots,Milk1% Pineapple
S	Blueberries Water Graham Cracker(WG)	Animal Crackers(WG) Oranges, Water	Ritz(WG) & Cheese Water	Cheez-it (WG) Blueberries, Water	Doughnuts,(WG) Raspberries Water
	30	31			
B		Kix(WG), Bananas Raisins, Milk1%			
L	CLOSED	Chicken & Rice(WG) Peas, Pineapple, Milk 1%			
S		Cheese & Crackers(WG) Water			