



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	<p><u>Japan</u> 3</p> <p>1 oz Teriyaki Chicken ¼ c WG Rice (½ oz Grain) 1/8 c Asian Succotash (Baby Corn, Lima Beans, Tomato) 1/8 c Pineapple ½ c Milk</p> <p><i>Veg: 1 ½ Dr Praegers Chix Nuggets w Teriyaki Sauce</i></p>	<p>3/8 c Beef Picadillo #8 4 <small>1 ½ oz Meat</small></p> <p>¼ c WG Rice (½ oz Grain) 1/8 c Steamed Spinach 1/8 c Pears ½ c Milk</p> <p><i>Veg: Bean Picadillo (1.5 oz M/M/A)</i></p>	<p><u>Breakfast for Lunch</u> 5</p> <p>2 Turkey Sausage Bites (1.5 oz M/M/A) 1 WG Pancake (2.28 oz) w Lite Syrup ¼ c Creamed Spinach & Greens 1/8 c Tropical Fruit Salad (Pineapple, Papaya, Guava) ½ c Milk</p> <p><i>Veg: ½ c Yogurt (1 oz M/M/A) & 1 oz String Cheese</i></p>	<p>6</p> <p>1 oz Beef Patty (1.5 oz M/M/A) 1 WG Bun (1.8 oz) 1/8 c Glazed Carrots 1/8 c Cantaloupe ½ c Milk</p> <p><i>Veg 3/8 c Barbecue Kidney Beans (2 oz M/M/A) w/ ½ WG w Pita (1 oz G)</i></p>	<p>7</p> <p>2 CN Chicken Nuggets 1 WG Dinner Roll ¼ c Steamed Broccoli 1/8 c Applesauce ½ c Milk</p> <p><i>Veg: 1 Dr Praeger's Chix Nuggets</i></p>
	<p>10</p> <p>¼ c WG Spaghetti & ¼ c Meat Sauce (2 oz M/M/A) 1/8 c Green Beans 1/8 c Mandarin Oranges ½ c Milk</p> <p><i>Veg: ¼ Spaghetti & ½ Black Bean Tomato Sauce 1 oz m/ma</i></p>	<p>11</p> <p>¼ c Turkey Sloppy Joe 1 oz WG Bun 1/8 c Creamed Spinach & Greens 1/8 c Applesauce ½ c Milk</p> <p><i>Veg: ½ c Bean Sloppy Joe (1.5 oz M/M/A)</i></p>	<p>12</p> <p>2 Swedish Meatballs w Marinara Sauce ¼ c WG Rice 1/8 c Steamed Broccoli 1/8 c Tropical Fruit Salad (Pineapple, Papaya, Guava) ½ c Milk</p> <p><i>Veg: ¼ c Stir Fried Tofu (1oz M/M/A)</i></p>	<p>13</p> <p>1 Chicken Tenders 1/8 c Coin Carrots 1 Mini Corn Muffin (0.9 oz) 1/8 c Peaches ½ c Milk</p> <p><i>Veg: 1 ½ Dr Praeger's Chix Nuggets 1 oz M/M/A</i> <i>Alt: ½ Cheese Sandwich, 4 oz Yogurt (1 ½ oz M/M/A)</i></p>	<p>14</p> <p>½ c WG Macaroni & Cheese • ¼ oz Cheese; ¼ c WG Noodles ½ oz ¼ c Vegetarian Baked Beans 1/8 c Steamed Spinach 1/8 c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) ½ c Milk</p> <p><i>Veg: Same</i></p>
	<p>17</p> <p>¼ c Arroz con Pollo w 1/8c Vegetables (Bell Pepper, Onion Tomatoes) ¼ c WG Rice 1/8 c Mandarin Oranges ½ c Milk</p> <p><i>Veg: 1 ½ Dr.Praeger's Chix Strips (1 oz M/M/A) w 1/8 c Vegetables (Bell Pepper, Onion Tomatoes)</i></p>	<p>18</p> <p>1 oz Meatloaf & Gravy 1 oz WG Roll 1/8 c Steamed Broccoli 1/8 c Roasted Potatoes ½ c Milk</p> <p><i>Veg: ½ c Hummus, ½ WG Pita (No Roll)</i></p>	<p><u>Asian</u> 19</p> <p>2 oz Honey Glazed Chicken (1.5 oz M/M/A) ¼ c Asian WG Brown Rice 1/8c Stir Fried Bok Choy & Carrots 1/8 c Cantaloupe ½ c Milk</p> <p><i>Veg: 1 ½ Dr. Praeger's Honey Glazed Chix Nuggets (1 M/M/A)</i></p>	<p>20</p> <p>¼ c Beef & WG Macaroni Pasta Bake #8 2 oz Beef, ¼ c WG Noodles(½ oz) 1/8 c Diced Cucumber w Ranch 1/8 c Honeydew ½ c Milk</p> <p><i>Veg: ½ c Macaroni and Cheese w 1 ½ oz Mozzarella Cheese Stick</i></p>	<p>21</p> <p>¼ c Bean Burrito Bowl ¼ c Cilantro WG Rice ¼ c Pico de Gallo 1 TBSP Cheese 1/8 c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) ½ c Milk</p> <p><i>Veg: Same</i></p>
	<p>24</p> <p>3/8 c Chili 1 ½ oz M/M/A 1 Mini Corn Muffin (0.9 oz) 1/8 c Steamed Spinach 1/8 c Pears ½ c Milk</p> <p><i>Veg: ¾ c Vegetarian Chili</i></p>	<p><u>Morocco</u> 25</p> <p>1 oz Moroccan Chicken 3/8 c Vegetable 3/8 c Curried Couscous 1/8 c Cantaloupe ½ c Milk</p> <p><i>Veg: 3/8 c Moroccan Chickpeas (1.5 oz M/M/A)</i></p>	<p><u>Swedish Lunch</u> 26</p> <p>2 Swedish Meatballs (2 oz M/M/A) in Gravy ¼ c WG Rice & Beets 1/8 c Pineapple ½ c Milk</p> <p><i>Veg: ½ c Vegetarian Baked Beans (1.5 oz M/M/A)</i></p>	<p>27</p> <p>½ c Chicken Alfredo w/ A WG • 1.13 oz M/M/A 0.6 oz Grain ¼ c Shredded Lettuce with Italian 1/8 c Applesauce ½ c Milk</p> <p><i>Veg: 1 ½ Dr Praeger's Chix Nuggets (1 oz M/M/A) w/ Alfredo Sauce and ¼ c WG Rotini</i></p>	<p>28</p> <p>1 Cheese Manicotti w Tomato Basil Sauce • 1 ½ oz Cheese, 2 oz WG Grain (2.75 oz) ¼ c Steamed Broccoli 1/8 c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) ½ c Milk</p> <p><i>Veg: Same</i></p>
		<p>31</p> <p> MEMORIAL DAY</p>			



HOLLIN HALL Early Head Start
LUNCH MENU
May 2021

