

May 2024	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST (Week 4)	West Lake Worth	This menu is subject to change!	1 4 oz Orange Juice 2 Hard-Boiled Eggs 2 Slices Cheese 2 Slices WG Bread 1% Low fat Milk	2 4 oz Orange Juice 4 oz Flavored Yogurt 1 oz Peanuts 1 Slice WG Bread 1 Maple Waffle Graham 1% Low Fat Milk	3 4 oz Blended Juice 1 WG Bagel 1 oz Peanut Butter 1 Margarine Cup 1 Banana 1% Low Fat Milk
LUNCH			3 oz Lemon Pepper Chicken ½ Cup California Vegetable Blend ½ Mashed Potatoes 1 Slice WG Bread & Margarine 4 oz Orange Juice 1% Low Fat Milk	8 oz Spaghetti w/Meat Sauce ½ cup Broccoli ½ cup Confetti Corn 1 Slice WG Bread 4.5 oz Applesauce 8 oz 1% Milk	3 oz Sweet & Sour Chicken Meatballs ½ cup Gingered Carrots ½ cup Zucchini w/onions 1 Slice WG Bread 1 pkt Butter Crackers 4 oz Orange Juice 8 oz 1% Milk
BREAKFAST (Week 1)	6 4 oz Orange Juice Bran Muffin 1 Slice WG Bread 1 oz Peanuts 1 pkt Jelly & Margarine 1% Low Fat Milk	7 4 oz Orange Juice Toaster Oats Cereal 1 Slice WG Bread 1 oz Peanut Butter 1 Apple 1% Low Fat Milk	8 4 oz Apple Juice 2 Slices WG Bread 1 oz Peanut Butter Jelly 1% Milk Low fat Milk	9 4 oz Orange Juice 2 Hardboiled Eggs 2 Slices Cheese 1 WG Bagel 1% Milk Low fat Milk	10 4 oz Blended Juice 1 Each All-Bran Cereal 1 Maple Waffle Graham 1 oz Peanut Butter 1 Banana 1% Milk Low Fat Milk
LUNCH	3 oz Hamburger ½ cup Carrot Coins ½ cup Cheesy Mashed Potatoes 1 WG Hamburger Bun 1 pkt Ketchup 4 oz Blended Juice 1% Low Fat Milk	3 oz Chicken Thigh w/Salsa ½ Cup Northern Beans w/Peppers & Onions ½ Cup Confetti Corn 1 Slice WG Bread & Margarine 4 oz Orange Juice 1% Low Fat Milk	8 oz Pasta Primavera ½ cup Glazed Carrots ½ cup Cabbage 1 Slice WG Bread 1 oz Peanut Butter 4.5 oz Applesauce 1% Low Fat Milk	3 oz Seasoned Chicken Thigh ½ cup California Blend Vegetables ½ cup Mashed Potatoes 1 Slice WG Bread & Margarine 4 oz. Orange Juice 1% Low Fat Milk	3 oz. Mandarin Meatballs ½ cup Country Vegetable Medley ½ cup Broccoli Cuts 1 Slice WG Bread 2 pk. Butter Crackers 4 oz Blended Juice 15 Low Fat Milk
BREAKFAST (Week 2)	13 4 oz Orange Juice 4 oz. Flavored Yogurt 1 Raisin Bran Cereal 1 Slice WG Bread 1 oz Peanut Butter 8 oz 1% Milk	14 4 oz Blended Juice 1 WG Bagel 1 oz Peanut Butter 1 pky Jelly 1 Margarine cup 1 Orange 8 oz 1% Milk	15 4 oz Orange Juice 2 Hardboiled Eggs 2 Slices of Cheese 2 Slices WG Bread 8 oz 1% Milk	16 4 oz Orange Juice Toasted Oats Cereal 1 Slice WW Bread 1 oz Peanut Butter Margarine 1 Banana 8 oz 1% Milk	17 4 oz Orange Juice 2 Hardboiled Eggs 2 Slices Cheese 2 Sliced WG Bread 8 oz 1% Milk
LUNCH	3 oz Marinara Chicken 3 oz Chicken Thighs ½ cup Peas & Carrots ½ cup Pasta 1 Slice WG Bread 1 Margarine cup 1 oz Raisins 8 oz 1% Milk	4 oz Sloppy Joes ½ cup Black Eyed Peas ½ cup Cheesy Mashed Potatoes 1 WG Hamburger Bun 4.5 oz Applesauce 8 oz 1% Milk	4 oz Black Bean Tacos ½ cup Stewed Tomatoes ½ cup Confetti Corn 2 WW Tortillas 1 oz Peanuts 8 oz 1% Low Fat Milk	3 oz Pineapple Meatballs ½ cup Cabbage ½ cup Country Vegetable Medley 1 Slice WG Bread Margarine 4 oz Orange Juice 8 oz 1% Low Fat Milk	3 oz Honey Orange Chicken ½ cup Carrot Coins ½ cup Mashed Potatoes 1 Slice WW Bread 1 pkt Graham Crackers 4 oz Blended Juice 8 oz 1% Milk
BREAKFAST (Week 3)	20 4 oz Apple Juice 2 Slices WG Bread 1 oz Peanut Butter 1 pkt Jelly 1 oz Raisins 1% Low fat Milk	21 2) 4 oz Orange Juice Raisin Bran Cereal 1 Slice WG Bread 1 oz Peanut Butter 1% Low fat Milk	22 4 oz Orange Juice 1 Honey Wheat Bagel 1 pkt Cream Cheese 1 oz Peanuts 1 Banana 1% Low Fat Milk	23 4 oz Orange Juice 2 Hard-Boiled Eggs 2 Slices Cheese 1 WG Bagel 1% Low Fat Milk	24 4 oz Blended Juice 1 each Honey Graham Toasters Cereal 1 Slice WG Bread 1 oz Peanuts 1 Banana 8 oz 1% Milk
LUNCH	8 oz Veggie Chili ½ Cup Zucchini w/Onion ½ Cup Brown Rice 1 Slice WW Bread 1.5 oz Shredded Cheese 4.5 Applesauce 1% Low Fat Milk	3 oz Chicken Thigh w/Gravy ½ Cup Glazed Carrots ½ Cup Northern Beans w/Peppers & Onions 1 Slice WG Bread & Margarine 4 oz Orange Juice 1% Low Fat Milk	3 oz. Meatballs w/Marinara ½ Cup California Vegetable Blend ½ Cup Pasta 1 Slice WG Bread & Margarine 4 oz Orange Juice 1% Low Fat Milk	8 oz Chicken & Rice ½ Cup Black Eyed Peas ½ Cup Confetti Corn 1 Slice WW Bread & Margarine 4 oz Apple Juice 1% Low Fat Milk	3 oz Cheeseburger 1 Slice Cheese ½ cup Peas & Carrots ½ cup Mashed Potatoes 1 HG Hamburger Bun 1 pkt Ketchup & 2 Margarine cups 8 oz 1% Milk
BREAKFAST (Week 4)	27 CLOSED	28 4 oz Orange Juice Toaster Oats Cereal 1 Slice WG Bread 1 oz Peanut Butter 1 Apple 1% Low Fat Milk	29 4 oz Orange Juice 2 Hard-Boiled Eggs 2 Slices Cheese 2 Slices WG Bread 1% Low fat Milk	30 4 oz Orange Juice 4 oz Flavored Yogurt 1 oz Peanuts 1 Slice WG Bread 1 Maple Waffle Graham 1% Low Fat Milk	31 4 oz Blended Juice 1 WG Bagel 1 oz Peanut Butter 1 Margarine Cup 1 Banana 1% Low Fat Milk
LUNCH	MEMORIAL DAY 	8 oz Beef Stroganoff Casserole ½ Cup Glazed Carrots ½ Cup Cabbage 1 Slice WG Bread & Margarine 4 oz Apple Juice 1% Low Fat Milk	3 oz Lemon Pepper Chicken ½ Cup California Vegetable Blend ½ Mashed Potatoes 1 Slice WG Bread & Margarine 4 oz Orange Juice 1% Low Fat Milk	8 oz Spaghetti w/Meat Sauce ½ cup Broccoli ½ cup Confetti Corn 1 Slice WG Bread 4.5 oz Applesauce 8 oz 1% Milk	3 oz Sweet & Sour Chicken Meatballs ½ cup Gingered Carrots ½ cup Zucchini w/onions 1 Slice WG Bread 1 pkt Butter Crackers 4 oz Orange Juice 8 oz 1% Milk

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