


| May 2023                  | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY   |
|---------------------------|---|---|--|--|--|
| BREAKFAST<br><br>(Week 1) | 1<br>Orange Juice<br>Dry Cereal<br>2 Slices WG Bread<br>Peanut Butter<br>1 Slice of Cheese<br>1% Low fat Milk | 2<br>Orange Juice<br>2 Slices WG Bread<br>Peanut Butter<br>Applesauce<br>1% Low Fat Milk                        | 3<br>Orange Juice<br>2 Each Hardboiled Eggs<br>WG Bread & Margarine<br>2 Slices Cheese<br>Fresh Fruit<br>1% Low Fat Milk             | 4<br>2 Each Orange Juice<br>2 Slices WG Bread & Margarine<br>Peanut Butter & Jelly<br>1% Low Fat Milk                | 5<br>Orange Juice<br>2 Each Hardboiled Eggs<br>2 Slices WG Bread & Margarine<br>2 Slices of Cheese<br>1% Low Fat Milk  |
| LUNCH                     | BBQ Chicken Thigh<br>Mashed Potatoes<br>Peas & Carrots<br>WG Bread<br>1% Low fat Milk                         | Sloppy Joe on a Bun<br>Northern Beans<br>Confetti Corn<br>Margarine<br>Graham Crackers<br>1% Low Fat Milk       | Brunswick Stew<br>Black Eyed Peas<br>Zucchini<br>WG Bread & Margarine<br>Juice Cup<br>1% Low Fat Milk                                | Meatballs in Gravy<br>Mashed Potatoes<br>Country Mix Vegetables<br>WG Roll<br>Applesauce<br>1% Low Fat Milk          | Mustard Chicken Thigh<br>Rice<br>Carrots<br>WW Bread<br>Juice Cup<br>1% Low Fat Milk   |
| BREAKFAST<br><br>(Week 2) | 8<br>Orange Juice<br>2 Slices WG Bread<br>Peanut Butter<br>Applesauce<br>1% Low Fat Milk                      | 9<br>Orange Juice<br>Muffin<br>1 Slice WG Bread<br>Peanut Butter<br>1 Slice Cheese<br>1% Low Fat Milk           | 10<br>Orange Juice<br>Dry Cereal<br>1 Slice WG Bread<br>Peanut Butter<br>1 Slice Cheese<br>Fresh Fruit<br>1% Low Fat Milk            | 11<br>Orange Juice<br>2 Each Hardboiled Eggs<br>2 Slices WG Bread<br>2 Slices of Cheese<br>1% Low Fat Milk           | 12<br>2 Each Orange Juice<br>2 Slices WG Bread & Margarine<br>Peanut Butter & Jelly<br>1% Low Fat Milk   |
| LUNCH                     | Beef & Bean Chili<br>Brown Rice<br>Confetti Corn<br>WW Roll & Margarine<br>Juice Cup<br>1% Low Fat Milk       | Chicken Thigh in Gravy<br>Black Eyed Peas<br>Beets<br>WG Bread<br>Juice Cup<br>1% Low Fat Milk                  | Pasta with Meat Sauce<br>Squash Medley<br>Tuscan Vegetables<br>WW Roll & Margarine<br>Juice Cup<br>1% Low Fat Milk                   | Tuna Salad<br>Pea & Cheese Salad<br>Three Bean Salad<br>WG Muffin & Margarine<br>Applesauce<br>1% Low Fat Milk       | Orange Glazed Chicken Thigh<br>Parslied Potatoes<br>Brussels Sprouts<br>Corn Muffin & Margarine<br>Special Dessert<br>1% Low fat Milk<br><b>"Mother's Day Celebration"</b> |
| BREAKFAST<br><br>(Week 3) | 15<br>Orange Juice<br>Dry Cereal<br>2 Slices WG Bread<br>Peanut Butter<br>1 Slice Cheese<br>1% Low Fat Milk   | 16<br>Orange Juice<br>Muffin<br>1 Slice WG Bread<br>Peanut Butter<br>1 Slice Cheese<br>1% Low Fat Milk          | 17<br>Orange Juice<br>2 Slices WG Bread & Margarine<br>Peanut Butter & Jelly<br>Fresh Fruit<br>1% Low Fat Milk                       | 18<br>Orange Juice<br>2 Each Hardboiled Eggs<br>1 Slice WG Bread<br>2 Slices of Cheese<br>Fig Bar<br>1% Low Fat Milk | 19<br>Orange Juice<br>2 Slices WG Bread<br>Peanut Butter<br>1 Slice Cheese<br>Fresh Fruit<br>1% Low Fat Milk   |
| LUNCH                     | Pineapple Chicken Thigh<br>Brown Rice<br>Zucchini<br>WG Bread<br>Juice Cup<br>1% Low Fat Milk                 | Cheeseburger<br>Northern Beans<br>Mashed Potatoes<br>Ketchup, Mustard<br>1% Low Fat Milk                        | Chilled Chicken Pasta Salad<br>Carrot Raisin Salad<br>Cucumber Salad<br>WG Bread<br>1% Low Fat Milk                                  | Beef Patty Marsala<br>Mashed Potatoes<br>Black Eyed Peas<br>WG Bread & Margarine<br>Juice Cup<br>1% Low Fat Milk     | Diced Chicken Marinara<br>Peas & Carrots<br>Tuscan Vegetables<br>WG Bread<br>Graham Crackers<br>1% Low Fat Milk  |
| BREAKFAST<br><br>(Week 4) | 22<br>Orange Juice<br>Muffin<br>1 Slice WG Bread<br>Peanut Butter<br>1 Slice Cheese<br>1% Low Fat Milk        | 23<br>Orange Juice<br>Yogurt<br>1 Slice WG Bread & Margarine<br>Peanut Butter<br>Fresh Fruit<br>1% Low fat Milk | 24<br>Orange Juice<br>2 Each Hardboiled Eggs<br>1 Slice WG Bread & Margarine<br>2 Slices of Cheese<br>Fresh Fruit<br>1% Low Fat Milk | 25<br>Orange Juice<br>Dry Cereal<br>2 Slices WG Bread<br>Peanut Butter<br>1 Slice Cheese 1% Low Fat Milk             | 26<br>Orange Juice<br>2 each Hardboiled Eggs<br>1 Slice WG Bread<br>2 Slices Cheese<br>1% Low Fat Milk   |
| LUNCH                     | Meat Soft Tacos<br>Rice<br>Stewed Tomatoes<br>Juice Cup<br>1% Low fat Milk                                    | Salsa Chicken Thigh<br>Northern Beans<br>Confetti Corn<br>WG Bread<br>Graham Crackers<br>1% Low Fat Milk        | Teriyaki Beef Patty<br>Peas & Carrots<br>Squash Medley<br>WG Bread & Margarine<br>Juice Cup<br>1% Low Fat Milk                       | Chilled Chicken Salad on a Bun<br>Potato Salad<br>Three Bean Salad<br>Applesauce<br>1% Low Fat Milk                  | Meatballs in Gravy<br>Brown Rice<br>Cabbage & Carrots<br>WW Roll<br>Juice Cup<br>1% Low Fat Milk   |
| BREAKFAST<br><br>(Week 1) | 29<br>                     | 30<br>Orange Juice<br>2 Slices WG Bread<br>Peanut Butter<br>Applesauce<br>1% Low fat Milk                       | 31<br>Orange Juice<br>2 Each Hardboiled Eggs<br>1 Slice WG Bread & Margarine<br>2 Slices Cheese<br>Fresh Fruit<br>1% Low fat Milk    |  |  |
| LUNCH                     | <b>Closed for Memorial Day!</b>   | Sloppy Joe on a Bun<br>Northern Beans<br>Confetti Corn<br>Margarine<br>Graham Crackers<br>1% Low Fat Milk       | Brunswick Stew<br>Black Eyed Peas<br>Zucchini<br>WG Bread & Margarine<br>Juice Cup<br>1% Low Fat Milk                                | <b>This menu is subject to change!</b>   | <b>West Lake Worth</b>   |