

May 2024

Sun	Mon	Tue	Wed	Thur	Fri	Sat
			<p>1 Bagel, cream cheese, orange & milk</p> <p>Cheese & mushroom pizza (Vegetarian), green salad pineapple tidbits & milk</p> <p>WG cereal snack mix & apple</p>	<p>2 WG Life cereal, banana & milk</p> <p>BBQ pulled pork, cornbread, three bean salad, fruit salad & milk</p> <p>Ritz crackers & sun butter</p>	<p>3 Yogurt, pear & milk</p> <p>Sliced turkey w/ Provolone on WW, cucumber slices, banana & milk</p> <p>Graham crackers & milk</p>	4
<p>5 Note: Water is served for afternoon snack where no other beverage is listed</p> <p>Milk is served with breakfast and lunch</p>	<p>6 Rice Krispies, orange & milk</p> <p>Red beans & rice (vegetarian), sweet potatoes, apple & milk</p> <p>WG Triscuits & cheese</p>	<p>7 WG Oatbran muffin w/ applesauce & milk</p> <p>Scrambles eggs, biscuit, breakfast potato, orange & milk</p> <p>Cereal snack ,mix & pear</p>	<p>8 WG Cheerios, apple & milk</p> <p>Hummus (Vegan) & pita, Greek Salad, banana & milk</p> <p>Rice cake & pear</p>	<p>9 Waffles & warm strawberry sauce & milk</p> <p>Sunbutter on WW, green beans, strawberries & milk</p> <p>Pretzels & kiwi</p>	<p>10 Hard boiled eggs, apple & milk</p> <p>Beef stroganoff over pasta, steamed green beans, fruit salad & milk</p> <p>WG Goldfish & 100% apple juice</p>	11
<p>12 *All fruit is fresh unless otherwise stated*</p>	<p>13 WG Kix cereal, orange & milk</p> <p>Macaroni & Cheese (Vegetarian), steamed mixed veggies, apples sauce & milk</p> <p>Sunbutter & Saltines</p>	<p>14 WG Life Cereal, apple & milk</p> <p>Chicken gravy & biscuit w/ mashed potatoes, fruit salad & milk</p> <p>Goldfish & pear</p>	<p>15 Bagel & cream cheese, banana & milk</p> <p>Black beans in tomatillo sauce (Vegan) WG brown rice, fruit salad & milk</p> <p>Wheat thins & apple</p>	<p>16 WG Oatbran muffin & banana & milk</p> <p>Meatball sandwich, green salad, sliced peaches & milk</p> <p>Yogurt & graham crackers</p>	<p>17 Rice Krispies, orange & milk</p> <p>Sliced turkey & Provolone on WW, peeled baby carrots sliced peaches & milk</p> <p>Dilled cucumbers & soft pretzels</p>	18
<p>19 *IC3 Breakfast: All IC3 breakfasts include a wholegrain component with less than .212g of sugar for dry cereals*</p>	<p>20 WG Chex cereal, kiwi & milk</p> <p>Chicken and rice, mixed steamed veggies, apple sauce & milk</p> <p>Apples & sunbutter</p>	<p>21 WG Life Cereal, pear & milk</p> <p>Beef soft taco, corn & black beans, pineapple tidbits & milk</p> <p>Goldfish & orange</p>	<p>22 Cornflakes, banana & milk</p> <p>Tuna salad on WW, green salad, fruit salad & milk</p> <p>WG wheat thins & apple</p>	<p>23 WG Kix cereal, orange & milk</p> <p>Minestrone soup (Vegan), crackers, banana & milk</p> <p>Sliced turkey & Provolone roll ups & apple</p>	<p>24 Hard boiled egg, orange & milk</p> <p>Sweet & sour pork, WG brown rice, steamed broccoli & carrots, pineapple tidbits & milk</p> <p>Graham crackers & milk</p>	25
26	<p>27 Memorial Day IC3 Closed</p>	<p>28 WG Chex cereal, apple & milk</p> <p>Ham & cheese on sourdough bread, steamed green beans, pear & milk</p> <p>Pretzels & banana</p>	<p>29 Bagel & cream cheese w/ orange & milk</p> <p>Pepperoni pizza, green salad, apple & milk</p> <p>WG Cereal snack mix & pear</p>	<p>30 WG Life cereal, banana & milk</p> <p>Macaroni & Cheese (Vegetarian) steamed peas, fruit salad & milk</p> <p>Rice cakes & sunbutter</p>	<p>31 WG Cheerios, apple & milk</p> <p>Chicken salad wrap, peeled baby carrots, strawberries & milk</p> <p>Yogurt & banana</p>	