



MAY 2021



Care a lot

"Where caring is at the heart of what we do!"



<p>3 <u>Breakfast</u> Corn Flakes (2gof S) Pineapple Tidbits</p> <p><u>Lunch</u> Chicken w/ Brown Rice Veggies Applesauce</p> <p><u>Snack</u> Pretzel Cheddar Cheese</p>	<p>4 <u>Breakfast</u> Hot Biscuit Fruit Cocktail</p> <p><u>Lunch</u> Ravioli & Meat Sauce Broccoli Honey Dew</p> <p><u>Snack</u> Grapes Whole Wheat Goldfish Crackers</p>	<p>5 <u>Breakfast</u> Mini Quiche Diced Pears</p> <p><u>Lunch</u> Baked Beans w/ Hot Dogs Whole Wheat Rolls Cantaloupe Cubes</p> <p><u>Snack</u> Wheat Crackers Apple Slices</p>	<p>6 <u>Breakfast</u> Bagel Peaches</p> <p><u>Lunch</u> Chicken Nuggets Green Beans Strawberries Whole Wheat Dinner Roll</p> <p><u>Snack</u> 1/2 Soy Butter & Jelly Sandwich</p>	<p>7 <u>Breakfast</u> Cinnamon Wheat Toast Fresh Banana Slices</p> <p><u>Lunch</u> Ham & Cheese Whole Wheat Wrap Corn Fruit Salad</p> <p><u>Snack</u> Yogurt with Blueberries</p>
<p>10 <u>Breakfast</u> Rice Krispies Mandarin Orange</p> <p><u>Lunch</u> Chicken Pasta w/Peas and Carrots Cantaloupe</p> <p><u>Snack</u> Ritz Crackers String Cheese</p>	<p>11 <u>Breakfast</u> Pigs in a Blanket Banana</p> <p><u>Lunch</u> Turkey Sandwich Veggies Fruit Cocktail</p> <p><u>Snack</u> Whole Wheat Pita Cucumber Slices</p>	<p>12 <u>Breakfast</u> Homemade French Toast Sliced Peaches</p> <p><u>Lunch</u> Sloppy Joe Whole Wheat Roll Sweet Potato Fries Apple Slices</p> <p><u>Snack</u> Animal Crackers Pears</p>	<p>13 <u>Breakfast</u> Whole Grain Corn Bread Pineapple Tidbits</p> <p><u>Lunch</u> Cheese Pizza Green Salad Pears</p> <p><u>Snack</u> Ants on a Log (Banana, Soy Butter & Raisins)</p>	<p>14 <u>Breakfast</u> Life Cereal Oranges</p> <p><u>Lunch</u> Sub Sandwich Whole Wheat Roll Broccoli Tropical Fruit</p> <p><u>Snack</u> Watermelon Wheat Thins</p>
<p>17 <u>Breakfast</u> Cheerios Pear Halves</p> <p><u>Lunch</u> Chicken Taco on Whole Wheat Wrap w/ Lettuce & Cheese Cantaloupe</p> <p><u>Snack</u> Salsa Corn Chips</p>	<p>18 <u>Breakfast</u> Whole Wheat Blueberry Muffin Fresh Banana Slices</p> <p><u>Lunch</u> Soy Butter & Jelly Sand- wich Mixed Vegetables Fruit Cocktail</p> <p><u>Snack</u> Apple Slices Pretzels</p>	<p>19 <u>Breakfast</u> Whole Wheat Pancakes Peaches</p> <p><u>Lunch</u> Cheeseburger Macaroni Carrots Fresh Pineapple</p> <p><u>Snack</u> Graham Crackers Yogurt</p>	<p>20 <u>Breakfast</u> Egg & Cheese on Whole Wheat Wrap Pears</p> <p><u>Lunch</u> Turkey Bologna Sand- wich Green Beans Strawberries</p> <p><u>Snack</u> Animal Crackers Orange</p>	<p>21 <u>Breakfast</u> Whole Wheat English Muffin Applesauce</p> <p><u>Lunch</u> Shells w/ Beef & Sauce Steamed Broccoli Honeydew</p> <p><u>Snack</u> Ritz Crackers Cheese Cubes</p>

Heart Healthy Recipe of the Month:

Strawberry Yogurt Parfait

Ingredients:

2 cups Greek yogurt
4 cups strawberries, or other berries that you prefer
1/2 cup granola, optional

Directions: Let each child build their own parfait! Starting with the yogurt, layer yogurt and fruit until you reach the top of your cup. Add a tablespoon of granola on top for a little crunch if desired.

8 Servings for ages 1-5
1 protein and 1 fruit





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<p><u>24</u> Breakfast Corn Chex Pineapple Tidbits</p> <p>Lunch Meatball Subs on a Whole Wheat Roll with White Sauce Peas Fruit Cocktail</p> <p>Snack Soy Butter Dip Apple Slices</p>	<p><u>25</u> Breakfast Wheat Toast Bananas</p> <p>Lunch Chicken w/ Brown Rice Veggies Applesauce</p> <p>Snack Strawberries Vanilla Yogurt</p>	<p><u>26</u> Breakfast Whole Grain Corn- Bread Diced Pears</p> <p>Lunch Cheese Pizza Green Salad Diced Peaches</p> <p>Snack Whole Wheat Goldfish Watermelon</p>	<p><u>27</u> Breakfast Whole Wheat Apple Cinnamon Muffin Banana</p> <p>Lunch Hamburger Sliders Sweet Potato Tater Tots Pineapple Tidbits</p> <p>Snack Trail Mix Grapes</p>	<p><u>28</u> Breakfast Whole Wheat English Muffin Apple</p> <p>Lunch Turkey Sandwich Tropical Fruit Carrot Sticks</p> <p>Snack Cheddar Cheese Wheat Crackers</p>
<p>31 MEMORIAL DAY</p> <p>Center Closed!</p> 				

Physical Activities

Worried about how to pass the time without TV, computers, or video games? Never fear! We have compiled a list of fun ideas for screen-free time. Turn off screens, turn on life and enjoy moving with your family!

- ◆ Have a toy car wash.
- ◆ Go on a bug hunt.
- ◆ Put music on and dance.
- ◆ Go on a bike ride.
- ◆ Blow bubbles.
- ◆ Feed fish or birds.
- ◆ Swap out family movie night with family fitness night.



Notes:

- This menu is peanut-free
- Whole Milk is served to children under 2 years of age
- 1% or Fat Free Milk is served with every breakfast and lunch served to children ages 2 and up
- Water is offered with snack
- This menu is subject to change

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