



# May 2021



Care a lot

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

<p><b><u>3</u></b> <b>Breakfast</b> Corn Flakes (2gof S) Peaches</p> <p><b><u>Lunch</u></b> Pasta &amp; Meatballs Broccoli Diced Pears</p> <p><b><u>Snack</u></b> Ritz Crackers Cheddar Cheese</p>	<p><b><u>4</u></b> <b>Breakfast</b> Hot Biscuit Fruit Cocktail</p> <p><b><u>Lunch</u></b> Chicken with Veggies and Brown Rice Diced Peaches</p> <p><b><u>Snack</u></b> Grapes Whole Wheat Goldfish</p>	<p><b><u>5</u></b> <b>Breakfast</b> Mini Quiche Apricot Halves</p> <p><b><u>Lunch</u></b> Baked Beans w/ Hot Dogs Whole Wheat Rolls Cantaloupe Cubes</p> <p><b><u>Snack</u></b> Wheat Crackers Apple Slices</p>	<p><b><u>6</u></b> <b>Breakfast</b> Bagel Peaches</p> <p><b><u>Lunch</u></b> Cheese Pizza on Whole Wheat Crust Green Salad Strawberries</p> <p><b><u>Snack</u></b> Vanilla Yogurt with Blueberries</p>	<p><b><u>7</u></b> <b>Breakfast</b> Cinnamon Wheat Toast Fresh Banana Slices</p> <p><b><u>Lunch</u></b> Chicken Noodle Soup Whole Wheat Roll Corn Pineapple Tidbits</p> <p><b><u>Snack</u></b> 1/2 Soy Butter &amp; Jelly Sandwich</p>
<p><b><u>10</u></b> <b>Breakfast</b> Rice Krispies Mandarin Oranges</p> <p><b><u>Lunch</u></b> Chicken Pasta w/Peas and Carrots Cantaloupe</p> <p><b><u>Snack</u></b> Whole Wheat Banana Bread Milk</p>	<p><b><u>11</u></b> <b>Breakfast</b> Whole Wheat Muffins Banana</p> <p><b><u>Lunch</u></b> Make Your Own Sub Whole Wheat Roll Broccoli Tropical Fruit</p> <p><b><u>Snack</u></b> Ritz Crackers String Cheese</p>	<p><b><u>12</u></b> <b>Breakfast</b> Homemade French Toast Sliced Peaches</p> <p><b><u>Lunch</u></b> Sloppy Joe Whole Wheat Roll Sweet Potato Fries Apple Slices</p> <p><b><u>Snack</u></b> Animal Crackers Pears</p>	<p><b><u>13</u></b> <b>Breakfast</b> Whole Wheat Pancakes Pineapple Tidbits</p> <p><b><u>Lunch</u></b> Cheeseburger Macaroni Green Beans Pears</p> <p><b><u>Snack</u></b> Apples Soy Butter &amp; Raisins</p>	<p><b><u>14</u></b> <b>Breakfast</b> Cinnamon Wheat Toast Bananas</p> <p><b><u>Lunch</u></b> Turkey and Cheese on a Whole Wheat Wrap Corn Diced Pears</p> <p><b><u>Snack</u></b> Yogurt Blueberries</p>
<p><b><u>17</u></b> <b>Breakfast</b> Cheerios Pear Halves</p> <p><b><u>Lunch</u></b> Shells w/ Beef &amp; Sauce Steamed Broccoli Pears</p> <p><b><u>Snack</u></b> Salsa Corn Chips</p>	<p><b><u>18</u></b> <b>Breakfast</b> Whole Wheat Blueberry Muffin Peaches</p> <p><b><u>Lunch</u></b> Soy Butter &amp; Jelly Sand- wich Mixed Vegetables Fruit Cocktail</p> <p><b><u>Snack</u></b> Apple Slices Pretzels</p>	<p><b><u>19</u></b> <b>Breakfast</b> Corn bread Diced Peaches</p> <p><b><u>Lunch</u></b> Turkey Sandwich Green Beans Fresh Fruit</p> <p><b><u>Snack</u></b> Whole Wheat Pita Soy butter Dip</p>	<p><b><u>20</u></b> <b>Breakfast</b> Egg &amp; Cheese on Whole Wheat Wrap Apricots</p> <p><b><u>Lunch</u></b> Cheeseburger Macaroni Carrots Applesauce</p> <p><b><u>Snack</u></b> Animal Crackers Orange</p>	<p><b><u>21</u></b> <b>Breakfast</b> Whole Wheat English Muffin Cantaloupe</p> <p><b><u>Lunch</u></b> Soft Chicken Taco on Whole Wheat Wrap Corn Pineapple Chunks</p> <p><b><u>Snack</u></b> Ritz Crackers Cheese Cubes</p>



## Frozen Fruit Sundae Cones

### Ingredients:

Frozen Fruits of your Choice  
Whipped Cream  
Ice Cream Cones  
Cherries

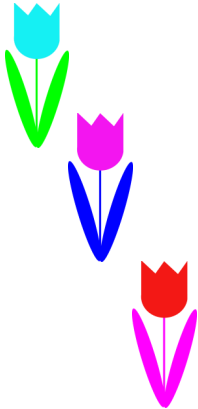
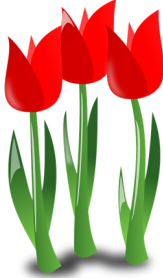
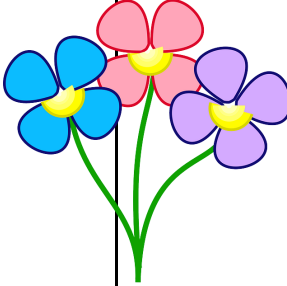
Spoon frozen mixed berries into small cones for a fun twist on the traditional ice cream cone. Top with whipped cream and a cherry for a hand-held sundae boasting healthy and colorful ingredients.



# May



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<p><b>24</b> <b>Breakfast</b> Corn Chex Pineapple Tidbits</p> <p><b>Lunch</b> Meatball Subs on a Whole Wheat Roll with White Sauce Peas Fruit Cocktail</p> <p><b>Snack</b> Soy Butter Dip Apple Slices</p>	<p><b>25</b> <b>Breakfast</b> Wheat Toast Bananas</p> <p><b>Lunch</b> Chicken w/ Brown Rice Veggies Applesauce</p> <p><b>Snack</b> Strawberries Triscuits</p>	<p><b>26</b> <b>Breakfast</b> Pigs in a Blanket Fresh Banana Slices</p> <p><b>Lunch</b> Turkey &amp; Gravy w/ Mashed Potatoes Whole Wheat Roll Pineapple Tidbits</p> <p><b>Snack</b> Vanilla Yogurt Graham Crackers</p>	<p><b>27</b> <b>Breakfast</b> Whole Wheat Pancakes Banana</p> <p><b>Lunch</b> Cheese Pizza on Whole Wheat Crust Green Salad Diced Peaches</p> <p><b>Snack</b> Bread Sticks Marinara Dipping Sauce</p>	<p><b>28</b> <b>Breakfast</b> Hot Biscuit Diced Pears</p> <p><b>Lunch</b> Turkey Sandwich Carrot Sticks Fresh Fruit</p> <p><b>Snack</b> Cheese sticks Wheat Crackers</p>
<p><b>24</b> <b>Breakfast</b> Life Cereal Honeydew</p> <p><b>Lunch</b> Chicken Nuggets Green Beans Whole Wheat Roll Cantaloupe</p> <p><b>Snack</b> Soy Butter Dip Apple Slices</p>				

## Bend Water with Electricity

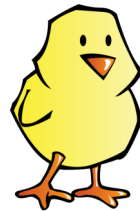


### A lesson in: Electricity

This experiment is so simple you can do it right now! Grab a willing volunteer, comb her hair 10 times and then bring the comb to the running faucet. Watch the water bend towards the comb! What's going on? It's all about electrons and their charges.

#### 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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