




MAY 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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2 Whole Grain Cereal Whole Grain Pancakes Syrup Diced Pears Fruit Juice Milk	3 Biscuit & Gravy Mandarin Oranges Fruit Juice Milk	4 Kansas Granola Bar String Cheese Peaches Fruit Juice Choice Milk	5 Cinnamon Rolls Whole Grain Cereal Mixed Fruit Cup Fruit Juice Milk	6 Pancake on a Stick Fresh Strawberries Fruit Juice Milk	7	8
9 Whole Grain Pancakes Syrup String Cheese Fresh Grapes Fruit Juice Milk	10 Oatmeal Breakfast Round Yogurt Cup Bananas Fruit Juice Milk	11 Cinnamon Twists Applesauce Fruit Juice Milk	12 Breakfast Pizza Sliced Peaches Fruit Juice Milk	13	14	15
16	17	18	19	20	21	
23						29
30 This institution is an equal opportunity provider.	31	NOTES: Stock Up: Give your child nutritious choices by keeping a supply of fresh fruits (apples, bananas, cantaloupe) and vegetables (baby carrots to dip in low-fat ranch dressing, baking potatoes to microwave and top with low-fat cheese) <i>Other Ideas:</i> low-fat granola bars, instant oatmeal, low-fat strawberry yogurt.				

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