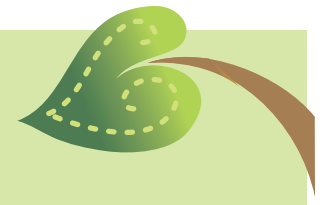




**Heartfelt Impressions**  
LEARNING CENTERS

# May 2019



WEEK 1	Monday 4-29	Tuesday 4-30	Wednesday 1	Thursday 2	Friday 3
Breakfast	Cereal, Peaches & Milk	Egg Burrito (mg-Eng. Muffin, Cheese, Egg)Grapes, Milk	French Toast, Applesauce & Milk	Oatmeal, Bananas & Milk	English Muffins, Berries & Milk
AM Snack	Cottage Cheese, Pineapple & Water	Raisins, Pretzels & Water (I/T= Crackers)	Lemon Barley(WG) Rice Salad & Milk	Apple Slices, Cheddar Chunks & Water	WG Fruit Muffins & Milk (HM: fruit, WG dough)
Lunch	Fettuccine Alfredo w/WG noodles, Broccoli, Pears & Milk	Chicken & RICE Bake (HM: Chicken, Brn. Rice, Soup)	Grilled Ham & Cheese on Wheat, Cali. Veggies, Pears & Milk	Beef Tacos, Corn, (HM: beef,cheese, lettuce, WG-tortilla), Fruit Cocktail & Milk	Sausage, Potato Gnnochi, Mixed Veggies, Mand. Oranges & Milk
PM Snack	Veggies, Dip & Milk	Chips, Blk. Bean/Corn Salsa & Water	Graham Crackers, Bananas & Water	Hummus, Pita Bread & Water	Snap Peas, Carrots, Ranch & Milk
WEEK 2	Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10
Breakfast	Cereal, Peaches & Milk	Egg Casserole (HM:egg, cheese, diced vegetable) Grapes, Milk	Waffles, Applesauce & Milk	Oatmeal, Bananas & Milk	English Muffins, Mixed Fruit & Milk
AM Snack	String Cheese, WG Crackers & Water	Fruit Salsa, Pita Chips & Water (I/T= Pita Bread)	Blueberries, Yogurt & Water	Pretzels, Bean Dip & Water (I/T= WG Crackers)	Zucchini Muffins & Milk
Lunch	Macaroni & Cheese, Roasted Brussel Sprouts, Fruit Cocktail & Milk	Turkey & Cheese Sandwich, Mixed Veggies, Pears & Milk	Gr. Beef Sloppy Joes, WG Buns, Green Beans, Peaches & Milk	Chicken Soft Tacos, Corn, Pineapple & Milk	Meatballs, Mashed Potatoes, Mand. Oranges & Milk
PM Snack	Cucumbers, Cheddar Rice Cakes & Water	Apple Slices, Cheddar Chunks & Water	Banana Chips, Sun-butter Dip & Water(I/T= Bananas)	Hummus, Pita Bread & Water	Tortilla Chips, Salsa & Water (I/T=WG Ritz Crackers)



WG = Whole Grain I/T= Infants and Toddlers  
HM = Homemade

WEEK 3	Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
Breakfast	Cereal, Peaches & Milk	Breakfast Burritos (HM: egg, cheese, tortilla) Grapes & Milk	Pancakes, Applesauce & Milk	Oatmeal, Bananas & Milk	Bagels, Berries & Milk
AM Snack	Apples, Pretzels & Water	Berries, Yogurt & Water	Fruit & Veggie Smoothie, Water	Raisins, Carrots & Water *(I/T= cooked carrots)	Oat Bars & Milk
Lunch	WG Mostaccioli w/Gr. Beef Tomato Sauce, Cheese, Cali. Veggies, Pears & Milk	Chicken Rice Bake (HM:chicken, Brn. rice, cream soup)Broccoli, Applesauce & Milk	Tomato Soup, MG Grilled Cheese Sandwiches, Fruit Cocktail & Milk	Enchilada Bake (HM- tortilla, beef,beans, cheese, Enc. Sauce) Corn, Pineapple & Milk	English Muffin Bacon Pizzas(HM: Bacon,sauce, cheese, Muffin) Mand. Oranges & Milk
PM Snack	Mixed Veggies, Dip & Milk *(I/T= softened/Cooked)	Graham Cracker, Sweet Potato Dip & Water	Hummus, Pita Bread & Milk	Cheerios Trail Mix & Milk (cereal, dried fruit, pretzels)	Tortilla Chips, Salsa & Water (I/T= Crackers)

WEEK 4	Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
Breakfast	Cereal, Peaches & Milk	Scrambles Eggs, Grapes & Milk	French Toast , Applesauce & Milk	Oatmeal, Berries & Milk	Bagels, Bananas & Milk
AM Snack	Grapes, Pretzels & Water (I/T= crackers WG)	Banana Chips, Sun-butter Dip & Water	Pita Chips, Hummus & Water (I/T- Pita Bread)	Yogurt, Granola & Water	Fruit Scones & Milk
Lunch	Roasted Chicken, Veggie/ Asparagus Mix, Brn. Rice Applesauce & Milk	Turkey Sliders, (HM:Gr. Turkey, Rice, Spices) Cali. Veggies, Pineapple & Milk	Beef + Bean Chili, Cornbread, (HM:gr. beef, bean, tomato juice) Corn, Pears & Milk	Chicken Tacos w/cheese, Corn, Fruit Cocktail & Milk	Ham & Cheese Wraps, Sweet Potato Fries, Peaches & Milk
PM Snack	Graham Crackers, Oranges & Water	Salsa, Tortilla Chips & Water (I/T= WG crackers)	Veggies, Ranch Dip & Milk	Apple slices, Cheddar Chunks & Water	String Cheese, Cranberries & Water

WEEK 5	Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 31
Breakfast	CENTERS	Egg Sandwiches, Grapes & Milk	Waffles, Applesauce & Milk	Oatmeal, Bananas & Milk	English Muffins, Berries & Milk
AM Snack	ARE	Raisin, Pretzels & Water (I/T= crackers)	Fruit Smoothies & Water	Apple Slices, Cheddar Chunks & Water	Fruit Muffins & Milk
Lunch	CLOSED	Chicken & Rice Bake (HM: chicken, brn. rice, soup base), Green beans, Pineapple & Milk	Grilled Ham & Cheese Sandwich, Cali. Veggies, Pears & Milk	Beef Tacos w/cheese, WG tortilla, corn, Fruit Cocktail & Milk	Sausage, Potato Gnocchi, Mixed Veggies, Mandarin Oranges & Milk
PM Snack	HAPPY HOLIDAY!	Blk. Bean & Corn Salsa , Tortilla Chips & Water(I/T= crackers)	Graham Crackers, Bananas & Water	Hummus, Pita Bread & Water	Snap Peas, Carrots, Ranch & Milk



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HM = Homemade

I/T= Infants and Toddlers