

Sunrise Center Menu for May 2018

Menus Subject to Change

Fruit-a-licious Breakfast Cup <u>Ingredients:</u> Low-fat yogurt Whole-grain cereal Fruit <u>Directions:</u> Using a spoon, layer yogurt, cereal, and fruit In a cup to create a fun pattern.	TUESDAY 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 4
	WG Pancakes Fruit Low Fat Milk 2 Hard Beef Tacos Seasoned Corn Fruit Low Fat Milk	WG Cereal Fruit Low Fat Milk Cheeseburger on Bun Baked Beans Fruit Low fat Milk	WG Cereal & Yogurt Fruit Low Fat Milk Chicken Bowl Celery Sticks Fruit Low Fat Milk	NO CENTER
MONDAY 7	TUESDAY 8	WEDNESDAY 9	THURSDAY 10	FRIDAY 11
WG French Toast Minis Fruit Low Fat Milk Popcorn Chicken w/ Roll Steamed Broccoli Fruit Low Fat Milk	WG Pancakes Fruit Low Fat Milk 3 PC Chicken Tenders Cucumber Slices Fruit Low Fat Milk	WG Cereal Fruit Low Fat Milk Grilled Ham & Cheese Baked Fries Fruit Low fat Milk	WG Cereal & Yogurt Fruit Low Fat Milk Chicken Nuggets w/ Roll Seasoned Peas Fruit Low Fat Milk	NO CENTER
MONDAY 14	TUESDAY 15	WEDNESDAY 16	THURSDAY 17	FRIDAY 18
WG French Toast Minis Fruit Low Fat Milk Chicken Patty Sandwich Carrot Sticks Fruit Low Fat Milk	WG Pancakes Fruit Low Fat Milk Chicken Chef Salad Chickpeas Fruit Low Fat Milk	WG Cereal Fruit Low Fat Milk Grilled Cheese w/ Tomato Soup Baked Beans Fruit Low Fat Milk	Strawberry & Yogurt Parfait Fruit Low Fat Milk BBQ Pulled Pork Sandwich Celery Sticks Fruit Low Fat Milk	WG Cereal Fruit Low fat Milk Cheese Pizza Fresh Broccoli Fruit Low fat Milk
MONDAY 21	TUESDAY 22	WEDNESDAY 23	THURSDAY 24	FRIDAY 25
NO CENTER	WG Pancakes Fruit Low Fat Milk Beef & Cheese Nachos Seasoned Corn Fruit Low Fat Milk	WG French Toast Sticks Fruit Low Fat Milk Turkey & Cheese Melt Baked Fries Fruit Low Fat Milk	WG Cereal & Yogurt Fruit Low Fat Milk End of Year Picnic: Cheese Pizza Salad Fruit Low Fat Milk	WG Cereal Fruit Low Fat Milk Cheeseburger on Bun Green Beans Fruit Low Fat Milk
MONDAY 28	TUESDAY 29			Sassy Fruit Snack
NO CENTER	WG Cereal Fruit Low Fat Milk Turkey & Cheese Sub Cucumber Slices Apple Slices Low Fat Milk			<u>Ingredients:</u> Small bananas Raisins <u>Directions:</u> Peel bananas and cut in half lengthwise. Place two banana halves on small plate end to end, in an "s" shape. Add raisins to the top if bananas as eyes.

*LF refers to Low Fat, WG Refers to Whole Grain Rich, HM refers to Homemade, PB refers to Peanut Butter, RS refers to Reduced Sugar.

This institution is an equal opportunity provider.