

May BREAKFAST MENU: Don Bosco

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Pancake (2 oz) Turkey Sausage (1 oz) Sliced Pears (1 c) Milk (8oz)	Vanilla Yogurt (4 oz) Fresh Strawberries * (1 c) Granola Topping (1/4 c) Milk (8oz)	Scrambled Egg (1 lg) Hash Brown Potatoes (1/2 c) Whole Grain Bagel (2 oz) Fresh Watermelon * (1 c) Milk (8oz)	French Toast (1 slice) Turkey Sausage (1 oz) Sliced Peaches (1 c) Milk (8oz)	Whole Grain Muffin (2.25 oz) Orange * (1 c) Milk (8oz)
8	9	10	11	12
Pancake (2 oz) Turkey Sausage (1 oz) Guava & Pineapple (1 c) Milk (8oz)	Vanilla Yogurt (4 oz) Fresh Strawberries * (1 c) Granola Topping (1/4 c) Milk (8oz)	French Toast (1 slice) Turkey Sausage (1 oz) Sliced Pears (1 c) Milk (8oz)	Whole Grain Muffin (2.25 oz) Orange * (1 c) Milk (8oz)	Scrambled Egg (1 lg) Hash Brown Potatoes (1/2 c) Whole Grain Bagel (2 oz) Fresh Watermelon * (1 c) Milk (8oz)
15	16	17	18	19
Pancake (2 oz) Turkey Sausage (1 oz) Guava & Pineapple (1 c) Milk (8oz)	Vanilla Yogurt (4 oz) Fresh Blueberries * (1 c) Granola Topping (1/4 c) Milk (8oz)	French Toast (1 slice) Turkey Sausage (1 oz) Sliced Pears (1 c) Milk (8oz)	Whole Grain Muffin (2.25 oz) Orange * (1 c) Milk (8oz)	Scrambled Egg (1 lg) Hash Brown Potatoes (1/2 c) Whole Grain Bagel (2 oz) Fresh Watermelon * (1 c) Milk (8oz)
22	23	24	25	26
Pancake (2 oz) Turkey Sausage (1 oz) Sliced Pears (1 c) Milk (8oz)	Vanilla Yogurt (4 oz) Fresh Strawberries * (1 c) Granola Topping (1/4 c) Milk (8oz)	Scrambled Egg (1 lg) Hash Brown Potatoes (1/2 c) Whole Grain Bagel (2 oz) Fresh Watermelon * (1 c) Milk (8oz)	Whole Grain Muffin (2.25 oz) Orange * (1 c) Milk (8oz)	French Toast (1 slice) Turkey Sausage (1 oz) Sliced Peaches (1 c) Milk (8oz)
29	30	31		
SCHOOL CLOSED MEMORIAL DAY	Vanilla Yogurt (4 oz) Fresh Strawberries * (1 c) Granola Topping (1/4 c) Milk (8oz)	French Toast (1 slice) Turkey Sausage (1 oz) Sliced Pears (1 c) Milk (8oz)		

Portion Control: Daily meals served are at least 1/4 cup serving of fruit, vegetables, beans or peas and 1 serving of a 100% whole grain

Milk Variety: 8 fluid oz Unflavored low-fat(1%) or Flavored fat-free (skim) fluid milk is offered to each child every day.

Local Distributors : Prize of the Harvest, 84 Skeeter Point Lane, Faison, NC 28341 252-492-7301; Sysco of Baltimore, Taylor Farm, PA(Actual Address to come)Davids Farm, DC; DOD Produce, DC

All Fruit Juices are 100% Juice

Harrisburg Dairy, PA

May LUNCH MENU: Don Bosco

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Grilled Chicken Salad (2 oz) Salad : Romaine&MesclunMix (1.5 c) Tomato Slice (1/4 c) Whole Grain Croutons (1 c) Caesar Dressing (2 oz) Fresh Cantaloupe * (1 c) Milk (8oz)	Whole Grain Spag (2 oz) (1 c) w/ Turkey Meatballs (2 oz) Tomato Sauce (1/2 c) Sliced Carrots (1/2 c) Guava & Pineapple (1 c) Milk (8oz)	Baked Chicken (2 oz) Fried Brown Rice (1 c) Onion (1/4 c) Broccoli (3/4 c) Fresh Honeydew melon * (1 c) Milk (8oz)	Hamburger (2 oz) Lettuce & tomato (1/4 c) Baked Potato Wedges (3/4 c) Fresh Watermelon * (1 c) Whole Grain Burger Roll (2 oz) Milk (6 oz)	Turkey Dog (2 oz) Baked Beans (Veggie) (1 c) Baked Apple Slices (1 c) Whole Grain Hot Dog Roll (2 oz) Milk (8oz)
8	9	10	11	12
Hawaiian Chicken (2 oz) Brown Rice (yellowrecipe) (1 c) Broccoli (1 c) Fresh Water Melon * (1 c) Milk (8oz)	Pasta Salad Whole Grain Penne Pasta (1 c) w/ Diced Turkey (2 oz) Diced Tomato (1/2 c) Yellow Squash (1/4 c) Zucchini Squash (1/4 c) Mandarin Orange Slices (1 c) Milk (8oz)	Chicken Salad Sandwich (2 oz) Salad : Romaine&MesclunMix (1.5 c) Tomato & Cucumber (1/4 c) with Italian Dressing (1.5 oz) Fresh Cantaloupe * (1 c) Whole Grain Wheat Bread (2 slice) Milk (8oz)	Baked Chicken (2 oz) Mashed Sweet Potatoes (1/2 c) Corn (1/2 c) Guava & Pineapple (1 c) Whole Grain Wheat Bread (2 slice) Milk (8oz)	Chicken Tenders (2 oz) Fried Brown Rice (1 c) Onion (1/4 c) Curried Chick Peas (3/4 c) Fresh Honeydew melon * (1 c) Milk (8oz)
15	16	17	18	19
Taco w/ Ground Turkey (2 oz) and Diced Tomato (1/4 c) Iceberg Lettuce (1/4 c) Mexican Brown Rice (1 c) Tomato Sauce (1/2 c) Fresh Honeydew melon * (1 c) Whole Grain Corn Tortilla (2 oz) Milk (8oz)	Grand Ma's Turkey (2 oz) Savory Brown Rice (1 c) Onion (1/4 c) Green Beans (3/4 c) Turkey Gravy (1/4 c) Guava & Pineapple (1/4 c) Milk (6 oz)	Pizza Sub Mozzarella Cheese (2 oz) Pizza Sauce (1/2 c) Whole Wheat Sub Roll (2 oz) Salad : Romaine&MesclunMix (1.5 c) Caesar Dressing (1.5 oz) Fresh Cantaloupe * (1 c) Milk (8oz)	Macaroni & Cheese(2 oz) (1 c) Whole Grain Penne Pasta (1 c) Green Peas (1 c) Fresh Water Melon * (1 c) Milk (8oz)	Turkey Burger (2 oz) Baked Beans (Veggie) (1 c) Baked Apple Slices (1 c) Whole Grain Burger Roll (2 oz) Milk (8oz)
22	23	24	25	26
Chili Mac (1 c) with Ground Turkey (2 oz) Whole Grain Penne Pasta (1 c) Tomato Sauce (1/2 c) Corn (1/2 c) Fresh Cantaloupe * (1 c) Milk (8oz)	Chicken Patty Sandwich (2 oz) Romaine & tomato (1/4 c) Baked Beans (Veggie) (3/4 c) Guava & Pineapple (1 c) Whole Grain Burger Roll (2 oz) Milk (8oz)	Roast Pork Tenderloin (2 oz) Mashed Sweet Potatoes (1/2 c) Broccoli (1/2 c) Fresh Water Melon * (1 c) Whole Grain Wheat Bread (2 slice) Milk (8oz)	Sloppy Joe (1 c) with Ground Turkey (2 oz) Tomato Joe Sauce (1/2 c) Green Beans (1/2 c) Mandarin Orange Slices (1 c) Whole Grain Burger Roll (2 oz) Milk (8oz)	NO LUNCH EARLY DISMISSAL
29	30	31		
SCHOOL CLOSED MEMORIAL DAY	Baked Fish Sandwich (2 oz) Romaine & tomato (1/4 c) Cole Slaw (3/4 c) Fresh Cantaloupe * (1 c) Whole Grain Burger Roll (2 oz) Milk (8oz)	Whole Grain Spag (2 oz) (1 c) w/ Turkey Meatballs (2 oz) Tomato Sauce (1/2 c) Broccoli (1/2 c) Fresh Honeydew melon * (1 c) Milk (8oz)		

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Bowie Produce, Landover MD