

May BREAKFAST MENU: Don Bosco

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	
	Scrambled Egg (1 lg) Hash Brown Potatoes (1/2 c) Whole Grain Bagel (2 oz) Diced Pears (1 c) Milk (8oz)	French Toast (1 slice) Turkey Sausage (1 oz) Guava & Pineapple (1 c) Milk (8oz)	Vanilla Yogurt (4 oz) Banana * (1 c) Granola Topping (1/4 c) Milk (8oz)	Whole Grain Muffin Orange Slices * Milk
7	8	9	10	
Pancake (2 oz) Turkey Sausage (1 oz) Fresh Cantaloupe * (1 c) Milk (8oz)	Scrambled Egg (1 lg) Hash Brown Potatoes (1/2 c) Whole Grain Bagel (2 oz) Apple Slices (1 c) Milk (8oz)	French Toast (1 slice) Turkey Sausage (1 oz) Sliced Peaches (1 c) Milk (8oz)	Vanilla Yogurt (4 oz) Fresh Strawberries * (1 c) Granola Topping (1/4 c) Milk (8oz)	Whole Grain Muffin Orange Slices * Milk
14	15	16	17	
Pancake (2 oz) Turkey Sausage (1 oz) Fresh Cantaloupe * (1 c) Milk (8oz)	Scrambled Egg (1 lg) Hash Brown Potatoes (1/2 c) Whole Grain Bagel (2 oz) Fresh Honeydew Melon * (1 c) Milk (8oz)	French Toast (1 slice) Turkey Sausage (1 oz) Diced Pears (1 c) Milk (8oz)	Vanilla Yogurt (4 oz) Banana * (1 c) Granola Topping (1/4 c) Milk (8oz)	Whole Grain Muffin Orange Slices * Milk
21	22	23	24	
Pancake (2 oz) Turkey Sausage (1 oz) Diced Pears (1 c) Milk (8oz)	Scrambled Egg (1 lg) Hash Brown Potatoes (1/2 c) Whole Grain Bagel (2 oz) Fresh Honeydew Melon * (1 c) Milk (8oz)	French Toast (1 slice) Turkey Sausage (1 oz) Apple Slices (1 c) Milk (8oz)	Vanilla Yogurt (4 oz) Sliced Peaches (1 c) Granola Topping (1/4 c) Milk (8oz)	Whole Grain Muffin Orange Slices * Milk
28	29	30	31	
SCHOOL CLOSED MEMORIAL DAY	Pancake (2 oz) Turkey Sausage (1 oz) Fresh Cantaloupe * (1 c) Milk (8oz)	French Toast (1 slice) Turkey Sausage (1 oz) Diced Pears (1 c) Milk (8oz)	SCHOOL CLOSED GRADUATION DAY	

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	
	Hawaiian Chicken (2 oz) Fried Brown Rice (1 c) Onion (1/4 c) Green Beans (3/4 c) Fresh Watermelon * (1 c) Milk (8 oz)	Chicken Tenders (2 oz) Salad : Romaine&MesclunMix (1.5 c) Tomato Wedge (1/4 c) Whole Grain Croutons (1 c) Caesar Dressing (2 oz) Fresh Cantaloupe * (1 c) Milk (8oz)	Baked Chicken (2 oz) Brown Rice (yellowrecipe) (1 c) Broccoli (1 c) Fresh Honeydew melon * (1 c) Milk (8 oz)	All Beef Hot Dog Baked Beans (Veggie) Cinnamon Apple Slices Whole Grain Hot Dog Roll Milk
7	8	9	10	
Macaroni & Cheese(2 oz) (1 c) Whole Grain Penne Pasta (1 c) Green Beans (1 c) Pineapple Chunks (1 c) Milk (8oz)	Baked Chicken (2 oz) Mashed Sweet Potatoes (1/2 c) Green Peas (1/2 c) Fresh Watermelon * (1 c) Whole Grain Wheat Bread (2 sl) Milk (8 oz)	Chicken Patty Sandwich (2 oz) Curried Chick Peas (1 c) Fresh Honeydew melon * (1 c) Whole Grain Burger Roll (2 oz) Milk (8 oz)	Grilled Chicken Salad (2 oz) Salad : Romaine&MesclunMix (1.5 c) Tomato Wedge (1/4 c) Whole Grain Croutons (1 c) Caesar Dressing (2 oz) Fresh Cantaloupe * (1 c) Milk (8 oz)	Hamburger Sliced Carrots Guava & Pineapple Whole Grain Burger Roll Milk
14	15	16	17	
BBQ Chicken Sandwich (2 oz) Baked Beans (Veggie) (1 c) Fresh Watermelon * (1 c) Whole Grain Burger Roll (2 oz) Milk (6 oz)	Fajita Chicken (2 oz) Brown Rice (yellowrecipe) (1 c) Green Pepper & Onion (1/4c ea) Diced Tomato (1/2 c) Corn (1/2 c) Mandarin Orange Slices (1 c) Milk (8 oz)	Taco Bowl w/Ground Turkey (2 oz) Dice Tom & Tomato Sauce (1/2 c) Mexican Brown Rice (1 c) Black Bean & Corn Salsa (1/2 c) Pineapple Chunks (1 c) Wheat Flour Tortilla (1 oz) Milk (8 oz)	Chicken Salad Sandwich (2 oz) Salad : Romaine&MesclunMix (1.5 c) Tomato & Cucumber (1/4 c) with Italian Dressing (1/4 c) Whole Grain Wheat Bread (2 slice) Fresh Honeydew melon * (1 c) Milk (8 oz)	Whole Grain Spag (2 oz) w/ Turkey Meatballs Tomato Sauce Green Beans Fresh Cantaloupe * Milk
21	22	23	24	
Sloppy Joe (1 c) with Ground Turkey (2 oz) Tomato Joe Sauce (1/2 c) Green Beans (1/2 c) Fresh Cantaloupe * (1 c) Whole Grain Burger Roll (2 oz) Milk (8oz)	Sliced Turkey Sandwich (2 oz) Salad : Romaine&MesclunMix (1.5 c) Tomato & Cucumber (1/4 c) with Italian Dressing (1.5 oz) Mandarin Orange Slices (1 c) Whole Grain Wheat Bread (2 slice) Milk (8 oz)	Lemon Curry Chicken (2 oz) Fried Brown Rice (1 c) Onion (1/4 c) Curried Chick Peas (3/4 c) Fresh Watermelon * (1 c) Milk (8 oz)	Baked Chicken (2 oz) Roasted Potatoes (1/2 c) Sliced Carrots (1/2 c) Fresh Honeydew melon * (1 c) Whole Grain Wheat Bread (2 sl) Milk (8 oz)	EARLY DISMISSAL NO LUNCH
28	29	30	31	
SCHOOL CLOSED MEMORIAL DAY	Chili Mac (1 c) with Ground Turkey (2 oz) Whole Grain Penne Pasta (1 c) Tomato Sauce (1/2 c) Sliced Carrots (1/2 c) Fresh Honeydew melon * (1 c) Milk (8 oz)	Hawaiian Chicken (2 oz) Fried Brown Rice (1 c) Onion (1/4 c) Broccoli (3/4 c) Fresh Watermelon * (1 c) Milk (8 oz)	SCHOOL CLOSED GRADUATION DAY	

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