

# May BREAKFAST MENU: Don Bosco

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		French Toast (2 oz) Turkey Sausage (1 oz) Fresh Cantaloupe * (1 c)  Milk (8oz)	Vanilla Yogurt  Strawberries (1 c) Granola Topping (1/4 c)  Milk (8oz)	Whole Grain Muffin (2.25 oz)  Orange * (1 c)  Milk (8oz)
6	7	8	9	10
Pancake (2 oz) Turkey Sausage (1 oz) Fresh Honeydew Melon * (1 c)  Milk (8oz)	French Toast (2 oz) Turkey Sausage (1 oz) Cinnamon Apple Slices (1 c)  Milk (8oz)	Scrambled Egg (1 lg) Hash Brown Potatoes (4 oz) Whole Wheat Bagel (2oz) Diced Pears (1 c)  Milk (8oz)	Vanilla Yogurt  Fresh Cantaloupe * (1 c) Granola Topping (1/4 c)  Milk (8oz)	Whole Grain Muffin (2.25 oz)  Orange * (1 c)  Milk (8oz)
13	14	15	16	17
Pancake (2 oz) Turkey Sausage (1 oz) Fresh Cantaloupe * (1 c)  Milk (8oz)	Scrambled Egg (1 lg) Hash Brown Potatoes (4 oz) Whole Wheat Bagel (2oz) Cinnamon Apple Slices (1 c)  Milk (8oz)	French Toast (2 oz) Turkey Sausage (1 oz) Diced Pears (1 c)  Milk (8oz)	Vanilla Yogurt  Mandarin Orange Slices (1 c) Granola Topping (1/4 c)  Milk (8oz)	Whole Grain Muffin (2.25 oz)  Apple * (1 c)  Milk (8oz)
20	21	22	23	24
Pancake (2 oz) Turkey Sausage (1 oz) Fresh Cantaloupe * (1 c)  Milk (8oz)	Scrambled Egg (1 lg) Hash Brown Potatoes (4 oz) Whole Wheat Bagel (2oz) Cinnamon Apple Slices (1 c)  Milk (8oz)	French Toast (2 oz) Turkey Sausage (1 oz) Fresh Cantaloupe * (1 c)  Milk (8oz)	Vanilla Yogurt  Blueberries (1 c) Granola Topping (1/4 c)  Milk (8oz)	Whole Grain Muffin (2.25 oz)  Orange * (1 c)  Milk (8oz)
27	28	29	30	31
<b>SCHOOL CLOSED</b>  <b>MEMORIAL DAY</b>	Pancake (2 oz) Turkey Sausage (1 oz) Fresh Cantaloupe * (1 c)  Milk (8oz)	Scrambled Egg (1 lg) Hash Brown Potatoes (4 oz) Whole Wheat Bagel (2oz) Cinnamon Apple Slices (1 c)  Milk (8oz)	<b>SCHOOL CLOSED</b>  <b>NO CLASSES</b>	<b>SCHOOL CLOSED</b>  <b>NO CLASSES</b>

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
<b>1</b>	<b>2</b>	<b>1</b>	<b>2</b>	<b>3</b>
All Beef Hot Dog (2 oz) Baked Beans (Veggie) (1 c) Guava & Pineapple (1 c) Whole Grain Hot Dog Roll (2 oz)  Milk (8 oz)	Grilled Chicken Salad (2 oz) Salad : Romaine&MesclunMix (1.5 c) Tomato Slice (1/4 c) Whole Grain Croutons (1 c) Caesar Dressing (1.5 oz) Fresh Cantaloupe * (1 c) Milk (8oz)	Red Curry Chicken (2 oz) Curried Tomato Sauce (1/2 c) Brown Rice (yellowrecipe) (1 c) Curried Kidney Beans (1/2 c) Mandarin Orange Slices (1 c) Milk (8 oz)	Macaroni & Cheese(2 oz) (1 c) Elbow Macaroni (1 c) Green Beans (1 c) Fresh Honeydew melon * (1 c) Cookie (2oz) Milk (8oz)	Grilled Cheese Sandwich (2 oz) Tomato Soup (1 c) Corn (1/2 c) Fresh Water Melon * (1 c) Whole Grain Wheat Bread (2 slice) Milk (8 oz)
<b>6</b>	<b>7</b>	<b>8</b>	<u>Breakfast for Lunch</u> <b>9</b>	<b>10</b>
Hamburger (2 oz) Baked Beans (Veggie) (1 c) Sliced Peaches (1 c) Whole Grain Burger Roll (2 oz)  Milk (8 oz)	Whole Grain Spaghetti (1 c) w/ Turkey Meatballs (2 oz) Tomato Sauce (1/2 c) Green Beans (1/2 c) Fresh Cantaloupe * (1 c) Milk (8oz)	Pizza Sub w/ pizza sauce (1/2 c) Mozzarella Cheese (2 oz) Whole Wheat Sub Roll 6" (2 oz) Salad : Romaine&MesclunMix (1.5 c) Tomato Slice (1/4 c) with Italian Dressing (1/4 c) Fresh Water Melon * (1 c) Milk (8oz)	Scrambled Egg (1 oz) Turkey Sausage (1 oz) Pancake (1/2 c) Hash Brown Potatoes w/ (1/2 c) Green Pepper & Onion (1/4c ea) Diced Tomato (1/4 c) Mandarin Orange Slices (1 c) Milk (8 oz)	Chicken Salad Sandwich (2 oz) Salad : Romaine&MesclunMix (1.5 c) Tomato & Cucumber (1/4 c) Caesar Dressing (1/4 c) Whole Grain Wheat Bread (2 slice) Fresh Honeydew melon * (1 c) Milk (8 oz)
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
Chicken Patty Sandwich (2 oz) Baked Beans (Veggie) (1 c) Cinnamon Apple Slices (1 c) Whole Grain Burger Roll (2 oz)  Milk (8 oz)	Teri-Yaki Meatballs (2 oz) Fried Brown Rice (1 c) Onion (1/4 c) Sliced Carrots (1 c) Green Peas (1/4 c) Fresh Cantaloupe * (1/4 c) Cookie 2oz Milk (8 oz)	Grilled Chicken Salad (2 oz) Salad : Romaine&MesclunMix (2 c) Tomato Slice (1/4 c) Whole Grain Croutons (1 c) Caesar Dressing (1.5 oz) Fresh Honeydew melon * (1 c) Milk (8oz)	Cheesey Burger Pasta (1 c) with Ground Turkey (1 oz) Whole Grain Penne Pasta (1 c) Cheese Sauce (1/2 c) Green Beans (1 c) Fresh Water Melon * (1 c) Milk (8oz)	Baked Fish Patty (2 oz) Dirty Brown Rice (1 c) Corn & (1/2 c) Black Bean Salsa (1/2 c) Diced Tomato (1/4 c) Banana * (1 c) Milk (8 oz)
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
All Beef Hot Dog (2 oz) Baked Beans (Veggie) (1 c) Guava & Pineapple (1 c) Whole Grain Hot Dog Roll (2 oz)  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 slice) Cookie 2oz Milk (8oz)	Chicken Salad Sandwich (2 oz) Salad : Romaine&MesclunMix (2 c) Tomato & Cucumber (1/4 c) Caesar Dressing (1/4 c) Whole Grain Wheat Bread (2 slice) Cinnamon Apple Slices (1 c) Milk (8 oz)	Pizza Sub w/ pizza sauce (1/2 c) Mozzarella Cheese (2 oz) Whole Wheat Sub Roll 6" (2 oz) Potato Wedges (1/2 c) Fresh Water Melon * (1 c) Milk (8oz)	<b>EARLY DISMISSAL</b>  <b>NO LUNCH</b>
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
<b>SCHOOL CLOSED</b>  <b>MEMORIAL DAY</b>	Hamburger (2 oz) Baked Beans (Veggie) (1 c) Sliced Peaches (1 c) Whole Grain Burger Roll (2 oz)  Milk (8 oz)	Grilled Chicken Salad (2 oz) Salad : Romaine&MesclunMix (2 c) Tomato Slice (1/4 c) Whole Grain Croutons (1 c) Caesar Dressing (1.5 oz) Fresh Cantaloupe * (1 c) Milk (8oz)	<b>SCHOOL CLOSED</b>  <b>NO CLASSES</b>	<b>SCHOOL CLOSED</b>  <b>NO CLASSES</b>

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All Fruit Juices are 100% Juice Harrisberg Dairy, PA Bowie Produce, Landover MD