
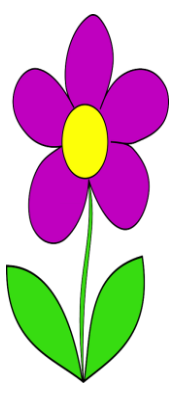
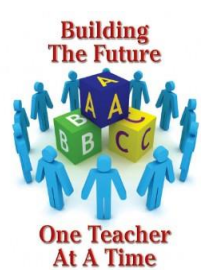



MAY 2019 MENUS

Trinity Learning Center

SUN	MON	TUES	WED	THUR	FRI	SAT
<p>WEEK 1</p> <p>BREAKFAST 7:30-8:30</p> <p>*****</p> <p>LUNCH 10:30-12:30</p> <p>*****</p> <p>SNACK 2:00-3:00</p>			<p>1 Oat Cheerios Fresh Banana Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Beef Meatballs-CN Mashed Potato/Gravy Buttered Corn Niblets Sliced Peaches Wheat Dinner Roll Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Cucumber Slices/ Dip Mozzarella Cheese Water</p>	<p>2 Croissant/Butter Apple Sauce Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Chicken/Cheese Taco D-24 Pinto Beans Sliced Pears Wheat Tortilla Chips Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Fresh Oranges Gold Fish Crackers Water</p>	<p>3 Cereal -Mini Wheats, Cheerios, Kixs, or Krispies Sliced Melon Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Chicken Mozzarella HM Green Beans Pineapple Tidbits Whole Wheat Bread Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Fresh Strawberries or Blue Berries Whole Wheat Pancake Water</p>	<p>USDA Child nutrition programs are available to all children without regard to race, national origin, sex, age, or disability</p> <p>Water is served throughout the day as needed</p> <p>For One year olds substitutions for hard fresh fruits or veggies are as follows: cooked carrots applesauce and other soft fruits or veggies</p>
<p>WEEK 2</p> <p>BREAKFAST 7:30-8:30</p> <p>*****</p> <p>LUNCH 10:30-12:30</p> <p>*****</p> <p>SNACK 2:00-3:00</p>	<p>6 Wheat English Muffin Pineapple Rings Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Chicken Slider-CN Enriched White Bun Fresh Broccoli Fresh Apple Slices Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Fresh Pears Wheat Crackers Water</p>	<p>7 Raisin Bread Sliced Cantaloupe Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Roasted Chicken Leg Sweet Potatoes Tropical Fruit Wheat Dinner Roll Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Cucumber Slices/Ranch Dip Gold Fish Crackers Water</p>	<p>8 Rice Krispies Fresh Banana Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>"Lil" Beef Smokies-CN Buttered Corn Niblets Sliced Peaches Macaroni/Cheese D20 Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Fresh Oranges Cheddar Cheese Cubes Water</p>	<p>9 Biscuit/Jam Mandarin Oranges Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Beef/Cheese Burrito Casserole- CN & HMD21 Pinto Beans Sliced Pears Wheat Tortilla Chips Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Carrots/Ranch Dip Wheat Pretzel Water</p>	<p>10 MOTHER'S DAY TEA Cereal -Mini Wheats, Cheerios, Kixs, or Krispies Sliced Melon Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Turkey Sausage Patty CN Hash Brown Potato Pine Apple Tidbits Grits Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Fresh Strawberries or Blue Berries Whole Wheat Waffle Water</p>	<p>CN – Child Nutrition HM – Home Made If Fresh Fruit is out of season Frozen can be used instead.</p> <p>*****</p> <p>Cereals contain less than 6 grams of sugar per serving.</p> <p>No Fried Foods</p>
<p>WEEK 3</p> <p>BREAKFAST 7:30-8:30</p> <p>*****</p> <p>LUNCH 10:30-12:30</p> <p>*****</p> <p>SNACK 2:00-3:00</p>	<p>13 Bran Muffin Mandarin Oranges Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Cheese Pizza-CN Enriched White Bun Fresh Broccoli Fresh Apple Slices Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Carrots/Ranch Dip Wheat Pretzel Water</p>	<p>14 Wheat English Muffin Pineapple Rings Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Glazed Chicken-CN Sweet Potatoes Tropical Fruit Wheat Dinner Roll Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Cheddar Cheese Cubes Wheat Crackers Water</p>	<p>15 Oat Cheerios Fresh Banana Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Beef Spaghetti D-03 Whole Wheat Noodles Buttered Corn Niblets Sliced Peaches Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Cucumber Slices/Ranch Mozzarella Cheese Water</p>	<p>16 Croissant/Butter Apple Sauce Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Chicken/Cheese Taco D-24 Pinto Beans Sliced Pears Wheat Tortilla Chips Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Fresh Oranges Gold Fish Crackers Water</p>	<p>17 SPRING PROGRAM Cereal -Mini Wheats, Cheerios, Kixs, or Krispies Sliced Melon Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Chicken Mozzarella HM Green Beans Pineapple Tidbits Whole Wheat Bread Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Fresh Strawberries or Blue Berries Whole Wheat Pancake Water</p>	<p>UN-FLAVORED Milk servings: 12-23 months 1/2 cup (whole) 2-5 years 3/4 cup (1%) 6-12 years 1 cup (1%)</p> <p>Grain servings: 1-2 years 1/2 ounce 3-5 years 1/2 ounce 6-12 years 1/2 ounce</p>
<p>WEEK 4</p> <p>BREAKFAST 7:30-8:30</p> <p>*****</p> <p>LUNCH 10:30-12:30</p> <p>*****</p> <p>SNACK 2:00-3:00</p>	<p>20 Wheat English Muffin Pineapple Rings Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Chicken Alfredo D-54r Whole Grain Pasta Fresh Broccoli Apple Slices Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Fresh Pears Wheat Crackers Water</p>	<p>21 Raisin Bread Sliced Cantaloupe Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Chicken Biscuit Pie HM D-11 Sweet Potatoes Tropical Fruit Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Cucumber Slices/Ranch Dip Gold Fish Crackers Water</p>	<p>22 Rice Krispies Fresh Banana Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Beef Tenderloin-CN Brown Rice /Gravy Buttered Corn Niblets Sliced Peaches Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Fresh Oranges Cheddar Cheese Cubes Water</p>	<p>23 Biscuit/Jam Mandarin Oranges Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Beef/Cheese Burrito Casserole- CN & HMD21 Pinto Beans Sliced Pears Wheat Tortilla Chips Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Carrots/Ranch Dip Wheat Pretzel Water</p>	<p>24</p> <p>CLOSED TEACHER INSERVICE DAY</p> 	<p>Meat servings: 1-2 years 1 ounce 3-5 years 1 1/2 ounce 6-12 years 2 ounce</p> <p>Fruit/Vegetable servings 1-2 years 1/8 ounce each 3-5 years 1/4 ounce each 6-12 years 1/2 ounce each</p>
<p>WEEK 5</p> <p>BREAKFAST 7:30-8:30</p> <p>*****</p> <p>LUNCH 10:30-12:30</p> <p>*****</p> <p>SNACK 2:00-3:00</p>	<p>CLOSED MEMORIAL DAY</p> 	<p>28 Wheat English Muffin Pineapple Rings Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Turkey Corn Dogs-CN Sweet Potatoes Tropical Fruit Whole Wheat Roll Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Cheddar Cheese Cubes Wheat Crackers Water</p>	<p>29 Oat Cheerios Fresh Banana Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Beef Meatballs-CN Mashed Potato/Gravy Buttered Corn Niblets Sliced Peaches Wheat Dinner Roll Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Cucumber Slices/ Dip Mozzarella Cheese Water</p>	<p>30 Croissant/Butter Apple Sauce Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Chicken/Cheese Taco D-24 Pinto Beans Sliced Pears Wheat Tortilla Chips Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Fresh Oranges Gold Fish Crackers Water</p>	<p>31 Cereal -Mini Wheats, Cheerios, or Krispies Sliced Melon Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Chicken Mozzarella HM Green Beans Pineapple Tidbits Whole Wheat Bread Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Fresh Strawberries or Blue Berries Whole Wheat Pancake Water</p>	<p>To review Recipe ingredients search Child Care Recipes, Food for Health & Fun USDA-FNS 304, 1999</p>