

HEALTHIER KANSAS BREAKFAST & LUNCH MENUS
WEEK # 1 LAKEMARY CENTER
April 23 thru 29, 2017

Sunday 23	Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28	Saturday 29
Breakfast						
Whole Grain Muffin Fresh Banana Fruit Juice Choice Milk Choice	Whole Grain Waffles w/ Syrup Pineapple Fruit Juice Choice Milk Choice	Star Spangled Pancakes Sausage Patty Tropical Fruit Fruit Juice Choice Milk Choice	Whole wheat Bagel w / toppings Strawberries Fruit Juice Choice Milk Choice	Breakfast Pita with Tomato Salsa Diced Pears Fruit Juice Choice Milk Choice	Whole Grain Cinnamon Roll Mandarin Oranges Fruit Juice Choice Milk Choice	Pancake on a Stick w/Syrup Pineapple Tidbits Fruit Juice Choice Milk Choice
Lunch						
Beef & Noodles Mashed Potatoes Green Beans Blueberry Muffin Fresh Grapes Milk Choice	Hot Ham & Cheese on a bun Potato Wedges Broccoli Florets Fruit Cocktail Fruit Choice Fresh Milk Choice	Pepperoni Pizza Tossed Salad Cherry Tomatoes Fresh Orange Fruit Choice Canned Milk Choice	Taco Burger on a Bun Dark Green Leaf Lettuce Tomato Slice Refried Beans Tortilla Chips & Salsa Fresh Banana Fruit Choice Canned Milk Choice	Pork Rib on a Bun Lettuce & Tomato Sweet Potato Fries Fresh Apple Fruit Choice Canned Milk Choice	Chicken Pattie Mashed Potatoes & Gravy Whole Wheat Roll & Honey Steamed Asparagus Sliced Pears Fruit Choice Fresh Milk Choice	Beef & Bean Burritos Romaine & Tomato Mexican Corn Corn Tortilla Chips & Salsa Fresh Apples Milk Choice
Supper						
Breaded Beef on Bun Pork & Beans Carrot Sticks Pears Milk PM Snack/ Fresh Fruit	Burritos w/Cheese sauce Lettuce Salad Cherry Applesauce Cookie Milk PM Snack/ Graham Crackers & juice	Ham Patty on Bun Tater Circles Fruit Cup Animal Crackers Milk PM Snack/ Bananas	Hamburgers Chips Carrots Pineapple Tidbits Milk PM Snack/ Pretzels & juice	Pizza Lettuce Salad Corn Fruit Cocktail Milk PM Snack/ Vanilla Wafers & juice	Tomato Soup Toasted Cheese Diced Peaches Pepper Strips Cookie Milk PM Snack/ Fresh fruit	Meatballs w/Steamed Rice Vegetable Blend Pineapple Brownies Bread & margarine Milk PM Snack/ Frozen treats

"USDA is an equal opportunity provider and employer."