

HEALTHIER KANSAS BREAKFAST & LUNCH MENUS
WEEK # 2 LAKEMARY CENTER
April 30 thru May 6, 2017

Sunday April 30	Monday May 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5	Saturday 6
Breakfast Whole Wheat Bagel with topping Fruit Cocktail Fruit Juice Choice Milk Choice	Whole Grain Cereal Yogurt Cup Fresh Apple Fruit Juice Choice Milk Choice	Biscuits & Gravy Pineapple Tidbits Fruit Juice Choice Milk Choice	Scrumptious Coffeecake Fresh Citrus Fruit Cup Fruit Juice Choice Milk Choice	Western Omelet Quesadilla w/Tomato Salsa Fresh Grapes Fruit Juice Choice Milk Choice	French Toast Sticks With Syrup Fruit Cocktail Fruit Juice Choice Milk Choice	Whole Grain Cinnamon Roll Fruit Cocktail Fruit Juice Choice Milk Choice
Lunch Spaghetti /w Meat Sauce Garden Salad Green Beans French Garlic Bread Fresh Grapes Fruit Choice Canned Milk Choice	Super Nachos Mexican Corn Southwestern Lentils Fresh Mixed Fruit Cup Fruit Choice Canned Milk Choice	Hamburger on a Bun Dark Green Leaf Lettuce Tomato Slice Oven Fries Red Bell Pepper Strips Fresh Clementine Fruit Choice Canned Milk Choice	Beef & Noodles Mashed Potatoes Green Beans Blueberry Oat Muffin Fresh Grapes Fruit Choice Canned Milk Choice	Baked Chicken Drumstick Savory Rice Fresh Broccoli Cherry Tomatoes Oatmeal Roll & Jelly Fresh Mango Fruit Choice Canned Milk Choice	Yummy Sloppy Joe on a Bun Roasted Red Potatoes Edamame Fresh Apple Fruit Choice Canned Milk Choice	Corn Dog Green Beans Fresh Fruit Potato Wedges Snickerdoodle Milk Choice
Supper Pork Rib Sandwich Chips Lettuce Salad Pears Cookie Milk PM Snack/ Fresh Fruit	Cheese Pizza Zucchini & Tomatoes Mixed Fruit Pudding Milk PM Snack/ Bananas	Ham & Cheese Sandwich Sliced Tomatoes Sliced Peaches Graham Crackers Milk PM Snack/ Peanut Butter & Crackers & juice	Beef Fingers French Fries Celery & Carrots Fruit Cocktail Bread & margarine Milk PM Snack/ Graham Crackers & juice	Chicken Grills Peas Seasoned Potatoes Sliced Pears Bread & margarine Milk PM Snack/ Fresh Fruit	Crispitos Mixed Vegetables Strawberry/ Pineapple Gelatin Cookie Milk PM Snack/ Vanilla Wafers & juice	Hot Dog on Bun Pork & Beans Chips Fruit Cup Milk PM Snack/ Frozen Treats

"USDA is an equal opportunity provider and employer."