

HEALTHIER KANSAS BREAKFAST & LUNCH MENUS
WEEK # 1 LAKEMARY CENTER
May 21 thru 27, 2017

Sunday 21	Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26	Saturday 27
<p><u>Breakfast</u></p> <p>Whole Grain Muffin Fresh Banana Fruit Juice Choice</p> <p>Milk Choice</p>	<p>Whole Grain Waffles w/ Syrup Pineapple Fruit Juice Choice</p> <p>Milk Choice</p>	<p>Star Spangled Pancakes Sausage Patty Tropical Fruit Fruit Juice Choice</p> <p>Milk Choice</p>	<p>Whole wheat Bagel w / toppings Strawberries Fruit Juice Choice</p> <p>Milk Choice</p>	<p>Breakfast Pita with Tomato Salsa Diced Pears Fruit Juice Choice</p> <p>Milk Choice</p>	<p>Whole Grain Cinnamon Roll Mandarin Oranges Fruit Juice Choice</p> <p>Milk Choice</p>	<p>Pancake on a Stick w/Syrup Pineapple Tidbits Fruit Juice Choice</p> <p>Milk Choice</p>
<p><u>Lunch</u></p> <p>Beef & Noodles Mashed Potatoes Green Beans Blueberry Muffin</p> <p>Fresh Grapes Milk Choice</p>	<p>Hot Ham & Cheese on a bun Potato Wedges Broccoli Florets Fruit Cocktail</p> <p>Fruit Choice Fresh Milk Choice</p>	<p>Pepperoni Pizza Tossed Salad Cherry Tomatoes Fresh Orange</p> <p>Fruit Choice Canned Milk Choice</p>	<p>Last Day of School</p> <p>Hamburgers & Hot Dogs Veggie Sticks Chips Fresh Fruit</p>	<p>Pork Rib on a Bun Lettuce & Tomato Sweet Potato Fries Fresh Apple</p> <p>Fruit Choice Canned Milk Choice</p>	<p>Chicken Pattie Mashed Potatoes & Gravy Whole Wheat Roll & Honey Steamed Asparagus Sliced Pears</p> <p>Fruit Choice Fresh Milk Choice</p>	<p>Beef & Bean Burritos Romaine & Tomato Mexican Corn Corn Tortilla Chips & Salsa</p> <p>Fresh Apples Milk Choice</p>
<p><u>Supper</u></p> <p>Breaded Beef on Bun Pork & Beans Carrot Sticks Pears Milk</p> <p>PM Snack/ Fresh Fruit</p>	<p>Burritos w/Cheese sauce Lettuce Salad Cherry Applesauce Cookie Milk</p> <p>PM Snack/ Graham Crackers & juice</p>	<p>Ham Patty on Bun Tater Circles Fruit Cup Animal Crackers Milk</p> <p>PM Snack/ Bananas</p>	<p>Hamburgers Chips Carrots Pineapple Tidbits Milk</p> <p>PM Snack/ Pretzels & juice</p>	<p>Pizza Lettuce Salad Corn Fruit Cocktail Milk</p> <p>PM Snack/ Vanilla Wafers & juice</p>	<p>Tomato Soup Toasted Cheese Diced Peaches Pepper Strips Cookie Milk</p> <p>PM Snack/ Fresh fruit</p>	<p>Meatballs w/Steamed Rice Vegetable Blend Pineapple Brownies Bread & margarine Milk</p> <p>PM Snack/ Frozen treats</p>

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