

HEALTHIER KANSAS BREAKFAST & LUNCH MENUS
WEEK # 3 LAKEMARY CENTER
May 7 thru 13, 2017

Sunday 7	Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12	Saturday 13
<p>Breakfast Whole Grain Cereal String Cheese Apricots Fruit Juice Choice Milk Choice</p>	<p>French Toast Sticks with syrup Fresh Grapes Fruit Juice Choice Milk Choice</p>	<p>Oatmeal Breakfast Round Yogurt Cup Strawberries & Bananas Fruit Juice Choice Milk Choice</p>	<p>Whole Wheat Bagel with Toppings Fresh Apple Fruit Juice Choice Milk Choice</p>	<p>Quick Blueberry Bubble Bread Mandarin Oranges Fruit Juice Choice Milk Choice</p>	<p>Breakfast Pizza Peaches Fruit Juice Choice Milk Choice</p>	<p>Sausage Breakfast Sandwich Strawberries & Bananas Fruit Juice Choice Milk Choice</p>
<p>Lunch Chicken Patties Mashed Potatoes Green Beans Roll & Honey Sliced Pears Honey Apple Crisp Fruit Choice Canned Milk Choice</p>	<p>Beef & Bean Burrito Romaine & Tomato Mexican Corn Tortilla Chips Tomato Salsa Fresh Banana Fruit Choice Canned Milk Choice</p>	<p>Cheese Breadsticks w/marinara Sauce Garden Salad Baby Carrots Mandarin Oranges Fruit Choice Fresh Milk Choice</p>	<p>BBQ Beef on a Bun Snow Peas Baked Beans Summer Fruit Salad Royal Brownie Fruit Choice Canned Milk Choice</p>	<p>Turkey & Cheese Sub Sandwich Dark Green Leaf Lettuce Tomato Slice Sweet Potato Fries Fresh Kiwi Fruit Choice Canned Milk Choice</p>	<p>Country Style Beef Pattie Mashed Potatoes & Gravy Steamed Broccoli Pineapple Tidbits Whole Wheat Roll & Jelly Fruit Choice Canned Milk Choice</p>	<p>Pork Rib on a Bun Dark Green Leaf Lettuce & Tomato Slices Sweet Potato Puffs Sliced Pears Royal Brownies Fruit Choice Canned Milk Choice</p>
<p>Supper Corn Dogs Green Beans Carrot Sticks Pears Buns Milk PM Snack/ Fresh Fruit</p>	<p>Peanut Butter & Jelly Sandwich Veggie Sticks Cherry Applesauce Oatmeal Cookie Milk PM Snack/ Graham Crackers & juice</p>	<p>Pizza Lettuce Salad Corn Fruit Mix Milk PM Snack/ Vanilla Wafers & juice</p>	<p>Chicken Nuggets Peas & Carrots Pineapple Tidbits Graham Crackers Bread & margarine Milk PM Snack / Pretzels & juice</p>	<p>Turkey Fritter on bun Tater Circles Fruit Cup Animal Crackers Milk PM Snack/ Bananas</p>	<p>Vegetable Soup Cottage Cheese Diced Pears Cookie Crackers Milk PM Snack/ Fresh Fruit</p>	<p>Meatball Sub Sandwich Mixed Vegetables Pineapple Brownies Milk PM Snack/ Frozen Treats</p>

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