



May 2024

Monday	Tuesday	Wednesday	Thursday	Friday
		Breakfast 1 Cereal (wg) & banana Lunch Chicken stir-fry with vegetables, fruit & roll Snack Rice cake & peanut butter	Breakfast 2 French toast, banana & toast (wg) Lunch Italian sub sandwich, french fries, fruit Snack Carrots, ranch & milk	Breakfast 3 Sausage gravy, biscuit, fruit & toast (wg) Lunch Salad-ham, peperoni, eggs, tomatoes, onion & fruit Snack Yogurt & granola
Breakfast 6 Waffles, banana & toast (wg) Lunch Chicken patty sandwich, tater tots & fruit Snack Yogurt & fruit	Breakfast 7 Pancakes, fruit & toast (wg) Lunch Sloppy joe, potato wedges & fruit Snack Cheese & crackers	Breakfast 8 Egg frittata & toast (wg) Lunch Chicken & gravy biscuit, mashed potatoes & fruit Snack Cottage cheese & fruit	Breakfast 9 Cereal (wg) & banana Lunch Kielbasa & vegetables medley, fruit & roll Snack Apples & peanut butter	Breakfast 10 French toast, banana & toast (wg) Lunch Johnny Marzetti, green beans, fruit & garlic bread Snack Cucumbers, ranch & milk
Breakfast 13 Sausage gravy, biscuit, fruit & toast (wg) Lunch Ham, green bean & potato casserole & bread (wg) Snack Yogurt & granola	Breakfast 14 Waffles, banana & toast (wg) Lunch Chicken paprikash, biscuit & fruit Snack Bagel & cream cheese	Breakfast 15 Pancakes, fruit & toast (wg) Lunch Lasagna, garlic bread & fruit Snack Cereal bar & milk	Breakfast 16 Egg frittata & toast (wg) Lunch Chicken noodle soup, crackers, roll & fruit Snack Rice cake & peanut butter	Breakfast 17 Cereal (wg) & banana Lunch Hotdog, french fries & fruit Snack Carrots, ranch & milk
Breakfast 20 French toast, banana & toast (wg) Lunch Chicken parmesan, green beans & fruit Snack Cucumbers, ranch & milk	Breakfast 21 Sausage gravy, biscuit, fruit & toast (wg) Lunch Meatball sub, potato wedges & fruit Snack Yogurt & fruit	Breakfast 22 Waffles, banana & toast (wg) Lunch Chicken alfredo, broccoli, fruit & roll Snack Cheese & crackers	Breakfast 23 Pancakes, fruit & toast (wg) Lunch beef enchiladas, spanish rice & vegetables Snack Cottage cheese & fruit	Breakfast 24 Egg frittata & toast (wg) Lunch Pizza, salad & fruit Snack Apples & peanut butter
	Breakfast 28 French toast, banana & toast (wg) Lunch Chicken & stuffing casserole, vegetables & fruit Snack Yogurt & granola	Breakfast 29 Sausage gravy, biscuit, fruit & toast (wg) Lunch Baked rigatoni, garlic bread & fruit Snack Bagel & cream cheese	Breakfast 30 Waffles, banana & toast (wg) Lunch BBQ pulled chicken sandwich, tots & coleslaw Snack Cereal bar & milk	Breakfast 31 Pancakes, fruit & toast (wg) Lunch Chicken nuggets, macaroni and cheese, & fruit Snack Rice cake & peanut butter

Breakfast 7:00-10:00

Lunch 12:00-1:00

Snack 1:30

If a client misses a meal due to Gilcrest Transportation running behind, we will still serve the meal.

Measurements

BREAKFAST
Milk: 1 cup Fruit/Vegetables: 1/2 cup Grains or Meat/Meat Alternates: 2 oz. eq
LUNCH
Milk: 1 cup Meat/Meat Alternates: 2 oz. Vegetables: 1/2 cup Fruit: 1/2 cup Grains: 2 oz.
SNACK
Milk: 1 cup Meat/Meat Alternates: 1 oz. Vegetables: 1/2 cup Fruit: 1/2 cup Grains: 1 oz.
1. Meat alternates may be used to substitute the entire grains component a maximum of three times per week at breakfast.
2. oz eq = ounce equivalents (Once equivalencies for processed/combination and grain items are not to be misaken for serving instructions.)
NOTE: 3/4 cup or 6 ounces of yogurt can be substituted for 8 ounces of milk once per day when it is not served as a meat alternate in the same meal.
Snacks: Select two from the following five components: milk; meat/meat alternative; vegetables; fruit; grains

Breakfast options - Scheduled meal, cereal & banana, oatmeal & banana, or toast & banana.

Lunch options - scheduled meal or peanutbutter and jelly sandwich. Side items will remain the same.

If you would like a substitute to any meal, please tell the kitchen staff when you arrive as soon as you arrive.