

# HELPING HANDS CHRISTIAN LEARNING CENTER

## WEEKLY MENU: MAY 2021

For: Pre-K, Pre-school, Toddler, and Before & After School Program

Cook — Ms. Kristen & Ms. Kristina

Michigan Dept. of Education, Child/Adult Food Program

• Menu Substitutions  *Ingredients	Date: 5/03	Date: 5/04	Date: 5/05	Date 5/06	Date 5/07
<b>Breakfast</b> 1. Fluid Milk 2. Fruit, Vegetable, or Juice 3. Grain/Bread Other/Combination Foods	Milk Nutra-Grain Berry Bars Yogurt Pineapple	Milk Sausage & Cheese English Muffin Peaches	Milk Cereal—Cheerios, Kix and Chex Bananas	Milk Turkey Bacon Hashbrown potatoes Applesauce	Milk Assorted Bagels w/cream cheese Pineapple
<b>Lunch</b> 1. Fluid Milk 2. Meat or Meat Alternate 3. Fruit, Vegetable or Juice 4. Fruit or Vegetable 5. Grain/Bread Other/Combination Foods	Milk Beef Ravioli Italian Green Beans Fruit Cocktail Garlic Toast	Milk Swedish Meatballs Buttered Noodles Broccoli Tropical Fruit Dinner Roll	Milk *Tacos *Tomatoes & lettuce *Cheese *WW Tortilla Corn Mandarin Oranges	Milk Vegetable Soup Peas/Carrots Grilled Cheese Sandwich WW Bread Pears	Milk Chicken Patty Bun *Pasta Salad Watermelon  *Cukes, Carrots Tomatoes
<b>PM Snack*</b> 1. Fluid Milk 2. Meat or Meat Alternate 3. Fruit, Vegetable, or Juice 4. Grain/Bread  <b>*Serve 2 of 4 Food Groups</b>	Milk Animal Crackers Craisins	Milk Beef Stick Cheddar Cheese Chunks WW Crackers	Milk Tortilla Chips Salsa & cheese dip  *Graham Crackers	Milk Carrot Cake *Mixed Fruit  *Pears & Peaches	Milk Goldfish Crackers Fruit Snacks