

# MAY 2022

Organic whole milk is served to children under two in the infant and toddler programs. Children two and older will be served 1% or skim milk. One-grain rich food is served every day.

POM serves the following cereals:  
Hy-Vee - Tastee-O's - 2 grams of sugar per 1.5 cup serving size, and Chex - Gluten Free - 2 grams of sugar per 1.5 cup serving size.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>MAY 2</b></p> <p><b>Breakfast</b> Whole Wheat Pancakes, Fruit, Milk</p> <p><b>Lunch</b> Fresh Baked Chicken Salad Sandwich On Ww Bun, Veggies, Milk</p> <p><b>Snack</b> Homemade Banana Bread, Milk</p>	<p><b>3</b></p> <p><b>Breakfast</b> Scrambled Eggs, Ww English Muffins, Fruit, Milk</p> <p><b>Lunch</b> Soft Shell Tacos, Spanish Rice, Fruit, Veggies, Milk</p> <p><b>Snack</b> Apples, Sun Butter, Water</p>	<p><b>4</b></p> <p><b>Breakfast</b> Sugar Free Cereal, Fruit, Milk</p> <p><b>Lunch</b> Chili, Veggie, Corn Bread, Fruit, Milk</p> <p><b>Snack</b> Homemade Shortcake W/fruit, Milk</p>	<p><b>5</b></p> <p><b>Breakfast</b> Fresh Baked Muffins, Fruit, Milk</p> <p><b>Lunch</b> Ww Pizza W/cheese &amp; Turkey, Veggies, Fruit, Milk</p> <p><b>Snack</b> Cottage Cheese, Fruit, Water</p>	<p><b>6</b></p> <p><b>Breakfast</b> Strawberry Oatmeal Bake, Fruit, Milk</p> <p><b>Lunch</b> Ww Turkey &amp; Cheese Quesadillas W/veggies, Fruit, Milk</p> <p><b>Snack</b> Zucchini Bread W/cinnamon Butter, Milk</p>
<p><b>9</b></p> <p><b>Breakfast</b> Biscuits And Gravy, Fruit, Milk</p> <p><b>Lunch</b> Sloppy Joes On Ww Bun, Sweet Oitati Fries, Milk</p> <p><b>Snack</b> Yogurt, Fruit, Water</p>	<p><b>10</b></p> <p><b>Breakfast</b> Bagels, Cream Cheese, Fruit, Milk</p> <p><b>Lunch</b> Stroganoff Over Ww Noodles, Veggies, Fruit, Milk</p> <p><b>Snack</b> Veggies w/Ranch, Cheese, Water</p>	<p><b>11</b></p> <p><b>Breakfast</b> Sugar Free Cereal, Fruit, Milk</p> <p><b>Lunch</b> Bbq Chicken Pinwheels, Veggie, Fruit, Milk</p> <p><b>Snack</b> Chex Mix W/milk</p>	<p><b>12</b></p> <p><b>Breakfast</b> Fresh Baked Scone, Fruit, Milk</p> <p><b>Lunch</b> Chicken Noodle Soup W/veggies, Roll, Fruit, Milk</p> <p><b>Snack</b> String Cheese, Fruit, Water</p>	<p><b>13</b></p> <p><b>Breakfast</b> Quiche, Fruit, Toast, Milk</p> <p><b>Lunch</b> All Natural Macaroni &amp; Cheese, Fruit, Veggie, Milk</p> <p><b>Snack</b> Chef's Choice, Milk</p>
<p><b>16</b></p> <p><b>Breakfast</b> Ww Pancakes, Fruit, Milk</p> <p><b>Lunch</b> Ww Spaghetti Meatballs, Veggies, Fruit, Milk</p> <p><b>Snack</b> Apples, Sun Butter, Water</p>	<p><b>17</b></p> <p><b>Breakfast</b> Scrambled Eggs, Toast, Fruit, Milk</p> <p><b>Lunch</b> Chicken Rice Casserole W/veggies, Fruit, Milk</p> <p><b>Snack</b> Homemade Banana Ice Cream W/cocoa, Crackers, Water</p>	<p><b>18</b></p> <p><b>Breakfast</b> Sugar Free Cereal, Fruit, Milk</p> <p><b>Lunch</b> Turkey Burgers On Ww Bun, Fruit, Veggie, Milk</p> <p><b>Snack</b> Zucchini Bread With Cinnamon Butter, Milk</p>	<p><b>19</b></p> <p><b>Breakfast</b> Yogurt Parfait, W/ Fruit &amp; Granola, Milk</p> <p><b>Lunch</b> Soft Shell Tacos, Whole Grain Rice, Fruit, Veggies, Milk</p> <p><b>Snack</b> Cottage Cheese, Fruit, Water</p>	<p><b>20</b></p> <p><b>All Programs Closed - Conferences</b></p>
<p><b>23</b></p> <p><b>Breakfast</b> English Muffins, Fruit, Milk</p> <p><b>Lunch</b> Grilled Cheese Sandwich On Ww Bread, Tomato Soup, Fruit, Milk</p> <p><b>Snack</b> Homemade Banana Bread, Milk</p>	<p><b>24</b></p> <p><b>Breakfast</b> Breakfast Burritos, Fruit, Milk</p> <p><b>Lunch</b> Chicken Alfredo, Veggies, Fruit And Milk</p> <p><b>Snack</b> Yogurt, Granola, Water</p>	<p><b>25</b></p> <p><b>Breakfast</b> Sugar Free Cereal, Berries, Milk</p> <p><b>Lunch</b> Chicken Tenders, Roasted Potatoes, Veggies, Fruit, Milk</p> <p><b>Snack</b> Homemade Oatmeal Bars, Milk</p>	<p><b>26</b></p> <p><b>Breakfast</b> Whole Wheat Pancakes, Fruit, Milk</p> <p><b>Lunch</b> Turkey Burger On Ww Bun, Sweet Potato Fries, Fruit, Milk</p> <p><b>Snack</b> Applesauce Cranberry Crumb Cake, Milk</p>	<p><b>27</b></p> <p><b>Breakfast</b> Scrambled Eggs, Ww English Muffins, Fruit, Milk</p> <p><b>Lunch</b> Chicken Quesadillas, Veggies, Fruit, Milk</p> <p><b>Snack</b> Graham Cracker Bars, Milk</p>
<p><b>30</b></p> <p><b>All Programs Closed - Memorial Day</b></p>	<p><b>31</b></p> <p><b>Breakfast</b> Fruit Smoothie, Ww Toast, Milk</p> <p><b>Lunch</b> Baked Chicken, Ww Pasta Salad, Squash, Fruit, Milk</p> <p><b>Snack</b> String Cheese, Apples, Water</p>	<p><b>JUN 1</b></p> <p><b>Breakfast</b> Sugar Free Cereal, Fruit, Milk</p> <p><b>Lunch</b> Ww Pizza W/ground Turkey, Veggies, Fruit, Milk</p> <p><b>Snack</b> Veggies W/homemade Ranch, Milk</p>	<p><b>2</b></p> <p><b>Breakfast</b> Breakfast Biscuit W/sausage &amp; Cheese, Fruit, Milk</p> <p><b>Lunch</b> Fresh Baked Chicken Salad Sand On Ww Bun, Veggies, Milk</p> <p><b>Snack</b> Cereal Bars, Milk</p>	<p><b>3</b></p> <p><b>Breakfast</b> Quiche W/veggies, Roasted Potatoes, Fruit, Milk</p> <p><b>Lunch</b> All Natural Ww Mac &amp; Cheese, Veggies, Fruit, Milk</p> <p><b>Snack</b> Crackers, Bananas, Water</p>

