		T			T =====	
<u>May</u>	Recommended Serving Sizes			THURSDAY 1	FRIDAY 2	SATURDAY 3
2025	3 oz. meat	Like a lunch?		Roast Beef	Taco Salad w/	
-M -M	½ cup of vegetables	Morning of the meal. THANK YOU!		Mashed Pot. & Gravy	Chips	
MAR W	½ cup of fruit			Green Beans	Lettuce, Tomato,	
J T L	2 servings of bread or			Wheat Roll	Cheese	
	complex			Fruit Cocktail Milk	Refried Beans	
7 ' 1	carbohydrate			WIIIK	Banana Dessert	
	1 cup of 2% milk			THURSDAY 0	Milk	OATUDDAY 40
	MONDAY 5	TUESDAY 6	WEDNESDAY 7	THURSDAY 8	FRIDAY 9	SATURDAY 10
	Beef Wellington	Chicken Strips	BBQ Beef Sandwich	Pork Roast	Baked Fish	
	Oven Potatoes	Pasta Salad	Baked Beans	Rice Pilaf	Wild Rice Blend	
	Zucchini	Relish Tray	Carrot Raisin Salad	Tossed Salad	Peas	
	Wheat Bread	Wheat Roll	Mixed Vegetables	Wheat Bread	Blueberry Lemon	
	Pineapple Tidbits	Apricots	Cinnamon Apples	Orange Whip	Muffin	
	Milk	Milk	Milk	Milk	Applesauce	
	MONDAY 40	THEODAY 40	WEDNECDAY	THURCDAY 45	Milk	CATUDDAY 47
	MONDAY 12	TUESDAY 13 Ham & Pasta Salad	WEDNESDAY 14	THURSDAY 15	FRIDAY 16 Ckn. Fried Steak	SATURDAY 17
lanced has a contact discount	Spaghetti w/Meat		Oven Chicken Mashed Pot. & Gravy	Salisbury Steak Baked Potato	Pot. & Gravy	
-4/ \$ 5/4/ \$ 6/4/ \$	Sauce Green Salad	on Lettuce Leaf	Broccoli		Green Beans	
Mother's light		Carrot Sticks Wheat Bread	Wheat Roll	Peas Wheat Bread	Wheat Roll	
MACATIOT DEPOT	Italian Vegetables Garlic Bread	Mixed Fruit	Fruit Cocktail	Pears	Strawberry	
	Peaches	Milk	Milk	Milk	Shortcake	
	Milk	IVIIIK	WIIIK	WIIIK	Milk	
		THEODAY OO	WEDNEODAY	THURSDAY 00	Tami's Last Day	OATUDDAY OA
	MONDAY 19	TUESDAY 20	WEDNESDAY 21	THURSDAY 22	FRIDAY 23	SATURDAY 24
	Crab Cakes	Chicken Parmesan	Sloppy Jo	Cheese Pizza	Chicken Salad	
	Macaroni & Cheese	Pasta Tossed Salad	Tater Tots	w/ Meat &	Sandwich Potato Salad	
	Asparagus Wheat Bread	Cauliflower	Mixed Vegetables Tropical Fruit	Vegetables Lettuce & Tomato	Relish Tray	
	Peaches	Wheat Roll	Milk	Salad	Apricots	
	Milk	Citrus Fruit	IVIIIA	Strawberries	Milk	
	WELCOME	Milk		Ice Cream	IVIIIN	
	MEGAN!	IVIIIN		Milk		
	MONDAY 26	TUESDAY 27	WEDNESDAY 28	THURSDAY 29	FRIDAY 30	
	MONDAI 20	Cheeseburger	Baked Italian Pasta	Turkey Fettuccine	Meatloaf 30	
		Lettuce, Tomato,	Salad w/ Garbanzo	Green Beans	O'Brien Potatoes	
	Memorial Day	Onion	Beans	Wheat Bread	Spinach	
	Company Holiday	Tater Tots	Garlic Bread	Mandarin Oranges	Wheat Bread	203
	<i>€</i> 🖎	Mixed Veggies	Grapes	Milk	Pineapple Tidbits	
		Pears	Tapioca Pudding	Willix	Milk	
	No.	Milk	Milk			
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