

## MOTHER EARTH MENU - MAY 2024

DAY	AM SNACK	SS	LUNCH	SS	PM SNACK	SS
<b>MONDAY</b>	OATMEAL WITH RAISINS	4 OZ	CALABAZA CON POLLO	4 OZ/ 4 OZ	1/2 GRILLED CHEESE SANDWICH	1 OZ
4/29	1% MILK	8 OZ	SPANISH BROWN RICE	4 OZ	100% FRUIT JUICE	4 OZ
			PINEAPPLE	4 OZ		
			WHOLE WHEAT TORTILLA	1.1 OZ		
			1% MILK	8 OZ		

NOTES: **NO DAIRY**: SUBSTITUTE TOAST WITH HONEY DRIZZLE FOR PM SNACK

DAY	AM SNACK	SS	LUNCH	SS	PM SNACK	SS
<b>TUESDAY</b>	BISCUITS WITH JELLY	2.25 OZ	TOMATO & MEAT SAUCE OVER WHOLE WHEAT PASTA	4 OZ/ 4 OZ	CHICKEN PASTA SALAD	2.5 OZ
4/30	1% MILK	8 OZ	GREEN BEAN CASSEROLE	4 OZ	100% FRUIT JUICE	4 OZ
			FRUIT COCKTAIL	4 OZ		
			WHOLE GRAIN GARLIC BREAD	1 OZ		
			1% MILK	8 OZ		

DAY	AM SNACK	SS	LUNCH	SS	PM SNACK	SS
<b>WEDNESDAY</b>	BREAKFAST TACO ON WHOLE GRAIN TORTILLA	1.1 OZ	BREADED COD	4 OZ	STRAWBERRIES WITH COOL WHIP	1 OZ
5/1	100% FRUIT JUICE	4 OZ	MACARONI & CHEESE	4 OZ	1% MILK	8 OZ
			MIXED FRUIT	4 OZ		
			COLE SLAW	4 OZ		
			WHOLE GRAIN BREAD	1 OZ		
			1% MILK	8 OZ		

DAY	AM SNACK	SS	LUNCH	SS	PM SNACK	SS
<b>THURSDAY</b>	FRENCH TOAST	2.5 OZ	SLOPPY JOE ON BUN	3 OZ/1	CUCUMBER SALAD	4 OZ
5/2	1% MILK	8 OZ	PEACHES	4 OZ	100% FRUIT JUICE	4 OZ
			VEGETABLE MEDLEY	4 OZ		
			1% MILK	8 OZ		

DAY	AM SNACK	SS	LUNCH	SS	PM SNACK	SS
<b>FRIDAY</b>	BAKED APPLES	4 OZ	ASIAN BEEF WITH CARROTS	6 OZ	1/2 QUESADILLA	1 OZ
5/3	1% MILK	8 OZ	OVER BROCCOLI	4 OZ	100% FRUIT JUICE	4 OZ
			PEARS	4 OZ		
			STEAMED BROWN RICE	4 OZ		
			WHOLE GRAIN BREAD	1 OZ		
			1% MILK	8 OZ		

FOR ALL MEALS SERVED: **LACTOSE FREE**: SUBSTITUTE LACTOSE FREE MILK **NCS**: ALL FRUITS ARE FRESH OR PACKED IN WATER. NO SUGAR ADDED TO ANY PREPARED FOODS **NAS**: ALL MEALS PREPARED WITHOUT ADDED SALT

**MOTHER EARTH MENU - MAY 2024**

DAY	AM SNACK	SS	LUNCH	SS	PM SNACK	SS
<b>MONDAY</b>	BREAKFAST SAUSAGE	2 OZ	STACKED BEEF ENCHILADAS	4 OZ	PEANUT BUTTER & JELLY SANDWICH	1 OZ
5/6	100% FRUIT JUICE	4 OZ	PINEAPPLE	4 OZ	1% MILK	8 OZ
			SIDE SALAD	8 OZ		
			SPANISH BROWN RICE	4 OZ		
			WHOLE WHEAT TORTILLA	1.1 OZ		
			1% MILK	8 OZ		

**NOTES: MECH SOFT AND NO SALAD: SUB VEGETABLE FOR SALAD**

DAY	AM SNACK	SS	LUNCH	SS	PM SNACK	SS
<b>TUESDAY</b>	BISCUITS W/ JELLY	2 OZ	OVEN BAKED CHICKEN	3 OZ	TUNA SALAD	1 OZ
5/7	1% MILK	8 OZ	WHOLE GRAIN PASTA WITH TOMATO SAUCE	4 OZ	SANDWICH	1 OZ
			FRUIT COCKTAIL	4 OZ	100% FRUIT JUICE	4 OZ
			MEXICAN ZUCCHINI	4 OZ		
			WHOLE GRAIN BREAD	1 OZ		
			1% MILK	8 OZ		

DAY	AM SNACK	SS	LUNCH	SS	PM SNACK	SS
<b>WEDNESDAY</b>	BREAKFAST TACO ON WHOLE GRAIN TORTILLA	1.1 OZ	CHOPPED BRISKET	3 OZ	BANANA	4 OZ
5/8	100% FRUIT JUICE	4 OZ	HASH BROWN POTATOES	4 OZ	1% MILK	8 OZ
			PEACHES	4 OZ		
			WHOLE GRAIN BUN	2.25 OZ		
			1% MILK	8 OZ		

DAY	AM SNACK	SS	LUNCH	SS	PM SNACK	SS
<b>THURSDAY</b>	WAFFLES	2.25 OZ	CREAMY MEATBALLS	5 CT	CARROT SALAD	4 OZ
5/9	1% MILK	8 OZ	ITALIAN GREEN BEANS	4 OZ	100% FRUIT JUICE	4 OZ
			PEARS	4 OZ		
			BUTTERED PASTA	4 OZ		
			WHOLE GRAIN BREAD	1 OZ		
			1% MILK	8 OZ		

DAY	AM SNACK	SS	LUNCH	SS	PM SNACK	SS
<b>FRIDAY</b>	APPLE SAUCE	4 OZ	SALISBURY STEAK WITH GRAVY	4 OZ	GRAHAM CRACKER WITH PEANUT BUTTER	1 OZ
5/10	1% MILK	8 OZ	GARDEN SALAD	8 OZ	100% FRUIT JUICE	4 OZ
			MIXED FRUIT	4 OZ		
			STEAMED BROWN RICE	4 OZ		
			WHOLE GRAIN BREAD	1 OZ		
			1% MILK	8 OZ		

**NOTES: MECH SOFT AND NO SALAD - SUBSTITUTE VEGETABLE FOR SALAD**

FOR ALL MEALS SERVED: **LACTOSE FREE:** SUBSTITUTE LACTOSE FREE MILK **NCS:** ALL FRUITS SERVED ARE FRESH OR PACKED IN WATER OR JUICE - NO SUGAR ADDED TO ANY PREPARED FOODS **NAS:** ALL MEALS PREPARED WITHOUT ADDED SALT

## MOTHER EARTH MENU - MAY 2024

DAY	AM SNACK	SS	LUNCH	SS	PM SNACK	SS
<b>MONDAY</b>	HASH BROWNS	4.5 OZ	BBQ CHICKEN	3 OZ	STRAWBERRIES WITH COOL WHIP	4 OZ
5/13	100% FRUIT JUICE	4 OZ	GARLIC BUTTER PASTA	4 OZ	1% MILK	8 OZ
			CARROTS	4 OZ		
			PINEAPPLE	4 OZ		
			WHOLE GRAIN BREAD	1 OZ		
			1% MILK	8 OZ		

DAY	AM SNACK	SS	LUNCH	SS	PM SNACK	SS
<b>TUESDAY</b>	OATMEAL	4 OZ	PICADILLO	8 OZ	CHICKEN PASTA SALAD	2.5 OZ
5/14	1% MILK	8 OZ	SPANISH BROWN RICE	4 OZ	100% FRUIT JUICE	4 OZ
			FRUIT COCKTAIL	4 OZ		
			WHOLE GRAIN TORTILLA	1.1 OZ		
			1% MILK	8 OZ		

DAY	AM SNACK	SS	LUNCH	SS	PM SNACK	SS
<b>WEDNESDAY</b>	BREAKFAST TACO ON WHOLE GRAIN TORTILLA	1.1 OZ	FISH STICKS	4 OZ/ 4 STICKS	GRILLED CHEESE SANDWICH	1 OZ
5/15	100% FRUIT JUICE	4 OZ	COLE SLAW	4 OZ	1% MILK	8 OZ
			MIXED FRUIT	4 OZ		
			WHOLE GRAIN SLICED BREAD	1 OZ		
			1% MILK	8 OZ		

DAY	AM SNACK	SS	LUNCH	SS	PM SNACK	SS
<b>THURSDAY</b>	FRENCH TOAST	2.5 OZ	TURKEY & GRAVY	2 OZ	CUCUMBER SALAD	2 OZ
5/16	1% MILK	8 OZ	CAPRI VEGETABLES	4 OZ	100% FRUIT JUICE	4 OZ
			PEACHES	4 OZ		
			MACARONI & CHEESE	4 OZ		
			WHOLE GRAIN BREAD	1 OZ		
			1% MILK	8 OZ		

DAY	AM SNACK	SS	LUNCH	SS	PM SNACK	SS
<b>FRIDAY</b>	BAKED APPLES	4 OZ	CARNE GUISADA	4 OZ	PEPPERONI PIZZA ON BISCUIT	1 OZ
5/17	1% MILK	8 OZ	SALAD	8 OZ	100% FRUIT JUICE	4 OZ
			PEARS	4 OZ		
			SPANISH BROWN RICE	2 OZ		
			WHOLE GRAIN TORTILLA	1.1 OZ		
			1% MILK	8 OZ		

NOTES: **PUREE** AND **NO SALAD**: SUB VEGETABLE FOR SIDE SALAD

FOR ALL MEALS SERVED: **LACTOSE FREE**: SUBSTITUTE LACTOSE FREE MILK **NCS**: ALL FRUITS ARE FRESH OR PACKED IN WATER. NO SUGAR ADDED TO ANY PREPARED FOODS **NAS**: ALL MEALS PREPARED WITHOUT ADDED SALT

## MOTHER EARTH MENU - MAY 2024

DAY	AM SNACK	SS	LUNCH	SS	PM SNACK	SS
<b>MONDAY</b>	BREAKFAST SAUSAGE	2 OZ	BEEF STROGANOFF WITH MACARONI	8 OZ	PEANUT BUTTER SANDWICH	1.1 OZ
5/20	100% FRUIT JUICE	4 OZ	SCANDIANAVIAN VEGETABLES	4 OZ	1% MILK	8 OZ
			FRUIT COCKTAIL	4 OZ		
			WHOLE GRAIN BREAD	1 OZ		
			1% MILK	8 OZ		

DAY	AM SNACK	SS	LUNCH	SS	PM SNACK	SS
<b>TUESDAY</b>	HASH BROWNS	4.5 OZ	CHICKEN FAJITA	3 OZ	GRAHAM CRACKERS	2 OZ
5/21	100% FRUIT JUICE	4 OZ	PINEAPPLE	4 OZ	1% MILK	8 OZ
			SPANISH BROWN RICE	4 OZ		
			BEANS	4 OZ		
			WHOLE WHEAT FLOUR TORTILLA	1.1 OZ		
			1% MILK	8 OZ		

NOTES: **MECHANICAL SOFT AND NO SALAD** - SUBSTITUTE MIXED VEGETABLES

DAY	AM SNACK	SS	LUNCH	SS	PM SNACK	SS
<b>WEDNESDAY</b>	BREAKFAST TACO WITH WHOLE GRAIN TORTILLA	1.1 OZ	HAMBURGER	4 EA	BANANA	4 OZ
5/22	100% FRUIT JUICE	4 OZ	HASH BROWN POTATOES	4 OZ	1% MILK	8 OZ
			PEACHES	4 OZ		
			WHOLE WHEAT BUN	2 OZ		
			1% MILK	8 OZ		

DAY	AM SNACK	SS	LUNCH	SS	PM SNACK	SS
<b>THURSDAY</b>	WAFFLE	2.25 OZ	BEEF STEW WITH VEGETABLES	8 OZ	CARROT SALAD	4 OZ
5/23	1% MILK	8 OZ	STEAMED BROWN RICE	4 OZ	100% FRUIT JUICE	4 OZ
			PEARS	4 OZ		
			WHOLE WHEAT BREAD	1 OZ		
			1% MILK	8 OZ		

DAY	AM SNACK	SS	LUNCH	SS	PM SNACK	SS
<b>FRIDAY</b>	CINNAMON APPLESAUCE	4 OZ	MEATBALLS & TOMATO SAUCE	5 CT	TUNA SALAD	2 OZ
5/24	1% MILK	8 OZ	OVER PASTA	4 OZ	SANDWICH	1 OZ
			CARROTS	4 OZ	100% FRUIT JUICE	4 OZ
			MIXED FRUIT	4 OZ		
			WHOLE WHEAT BREAD	1 OZ		
			1% MILK	8 OZ		

FOR ALL MEALS SERVED: **LACTOSE FREE**: SUBSTITUTE LACTOSE FREE MILK **NCS**: ALL FRUITS ARE FRESH OR PACKED IN WATER. NO SUGAR ADDED TO ANY PREPARED FOODS **NAS**: ALL MEALS PREPARED WITHOUT ADDED SALT

## MOTHER EARTH MENU - MAY 2024

DAY	AM SNACK	SS	LUNCH	SS	PM SNACK	SS
<b>MONDAY</b>	OATMEAL WITH RAISINS	4 OZ	CALABAZA CON POLLO	4 OZ/ 4 OZ	1/2 GRILLED CHEESE SANDWICH	1 OZ
5/27	1% MILK	8 OZ	SPANISH BROWN RICE	4 OZ	100% FRUIT JUICE	4 OZ
			PINEAPPLE	4 OZ		
			WHOLE WHEAT TORTILLA	1.1 OZ		
			1% MILK	8 OZ		

NOTES: **NO DAIRY**: SUBSTITUTE TOAST WITH HONEY DRIZZLE FOR PM SNACK

DAY	AM SNACK	SS	LUNCH	SS	PM SNACK	SS
<b>TUESDAY</b>	BISCUITS WITH JELLY	2.25 OZ	TOMATO & MEAT SAUCE OVER WHOLE WHEAT PASTA	4 OZ/ 4 OZ	CHICKEN PASTA SALAD	2.5 OZ
5/28	1% MILK	8 OZ	GREEN BEAN CASSEROLE	4 OZ	100% FRUIT JUICE	4 OZ
			FRUIT COCKTAIL	4 OZ		
			WHOLE GRAIN GARLIC BREAD	1 OZ		
			1% MILK	8 OZ		

DAY	AM SNACK	SS	LUNCH	SS	PM SNACK	SS
<b>WEDNESDAY</b>	BREAKFAST TACO ON WHOLE GRAIN TORTILLA	1.1 OZ	BREADED COD	4 OZ	STRAWBERRIES WITH COOL WHIP	1 OZ
5/29	100% FRUIT JUICE	4 OZ	MACARONI & CHEESE	4 OZ	1% MILK	8 OZ
			MIXED FRUIT	4 OZ		
			COLE SLAW	4 OZ		
			WHOLE GRAIN BREAD	1 OZ		
			1% MILK	8 OZ		

DAY	AM SNACK	SS	LUNCH	SS	PM SNACK	SS
<b>THURSDAY</b>	FRENCH TOAST	2.5 OZ	SLOPPY JOE ON BUN	3 OZ/1	CUCUMBER SALAD	4 OZ
5/30	1% MILK	8 OZ	PEACHES	4 OZ	100% FRUIT JUICE	4 OZ
			VEGETABLE MEDLEY	4 OZ		
			1% MILK	8 OZ		

DAY	AM SNACK	SS	LUNCH	SS	PM SNACK	SS
<b>FRIDAY</b>	BAKED APPLES	4 OZ	ASIAN BEEF WITH CARROTS	6 OZ	1/2 QUESADILLA	1 OZ
5/31	1% MILK	8 OZ	OVER BROCCOLI	4 OZ	100% FRUIT JUICE	4 OZ
			PEARS	4 OZ		
			STEAMED BROWN RICE	4 OZ		
			WHOLE GRAIN BREAD	1 OZ		
			1% MILK	8 OZ		

FOR ALL MEALS SERVED: **LACTOSE FREE**: SUBSTITUTE LACTOSE FREE MILK **NCS**: ALL FRUITS ARE FRESH OR PACKED IN WATER. NO SUGAR ADDED TO ANY PREPARED FOODS **NAS**: ALL MEALS PREPARED WITHOUT ADDED SALT