

May 2019 Menu
 Head Start
 Gladstone Center for Children and Families



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Breakfast/Snack Fruit Muffin(HM) pears, milk Lunch Chicken Nuggets(CN), carrots, Strawberries, milk	2 Breakfast/Snack Cereal, applesauce, milk Lunch WG Cheese Stick, marinara sauce, green beans, pears, milk	3
6 Breakfast/Snack , French Toast peaches, milk Lunch Toasted Cheese Sandwich(HM), pears, carrots, milk	7 Breakfast/Snack Bagel, cream cheese, mix fruit, milk Lunch Bean Burrito(CN), corn, strawberries, milk	8 Breakfast/Snack Fruit Muffin(HM) pears, milk Lunch Pancake, egg patty, applesauce, hash brown, milk	9 Breakfast/Snack Cereal, applesauce, milk Lunch Cheese Pizza(CN) , green greens, banana, milk	10
13 Breakfast/Snack Pancake, peaches, milk Lunch Bake Chicken, dinner roll, pears, carrots, milk	14 Breakfast/Snack Yami Plain Yogurt, strawberries, granola, milk Lunch Beef Taco(HM) Lettuce, peaches, milk	15 Breakfast/Snack Fruit Muffin(HM), mix fruit, milk Lunch Hamburger (CN), Watermelon, tomatoes, milk	16 Breakfast/Snack Cereal, applesauce, milk Lunch Cheese Pizza(CN) , green greens, banana, milk	17
20 Breakfast/Snack Waffle , peaches, milk Lunch Grilled Chicken Sandwich(CN), mix fruit, carrots, milk	21 Breakfast/Snack Bagel, cream cheese, strawberries, milk Lunch Chicken Nacho(HM), refried beans, pears, milk	22 Breakfast/Snack Fruit Muffin(HM), mix fruit, milk Lunch Turkey and Cheese Sandwich(HM), cucumbers, peaches, milk	23 Breakfast/Snack Cereal, applesauce, milk Lunch Bagel, cream cheese, cheese stick, apple, carrots, milk	24

Menu is subject to change
 EW=Enriched Wheat
 HM= House Made meal
 All breads are from Franz

All grain items are Whole Grain Enriched unless otherwise noted
 All milk is 1% unflavored milk
 Cereal can be one of the following General Mills Cheerios or Rice Chex
 or Kellogg's Rice Krispies

This institution is an equal opportunity provider.