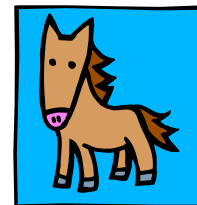


Youth & Family Services

Girl's Inc., Child Care, Head Start



****REMINDER: Summer Food begins June 10****
at the Monroe and Adams sites

May 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5/4	5/5	5/6	5/7	5/8
Hot cereal English muffin / Grapes Chili Crackers / Celery Pineapple or strawberries Banana Milk	Toast / Scrambled eggs Pears Baked pork chop Mash potatoes with gravy Wheat bread Cinnamon apples Soft pretzel 100% juice	Cereal Applesauce Turkey & cheese sub Italian vegetables Grapes Or COOK'S CHOICE Apple Milk	Banana bread Orange slices Spaghetti & meatballs Green beans Pineapple Cookie Milk	Pancakes Fruit mix Fish nuggets Cole slaw Wheat bread Peaches Cereal Milk
5/11	5/12	5/13	5/14	5/15
Bagel Applesauce Beef soft taco Tator tots Peaches Banana Milk	French toast Peaches Beef stroganoff Noodles Peas Apple slices Banana Milk	Scrambled eggs / Toast Grapes Ham sandwich Corn Mandarin oranges YFS bread Apple juice	Cereal Orange slices Turkey wrap Fresh veggies Pears Fresh oranges Milk	Biscuit with jelly Applesauce Chicken noodle soup Hard cooked egg Crackers / Cucumbers Peaches Tortilla chips Milk
5/18	5/19	5/20	5/21	5/22
Waffle sticks Peaches Hamburger on a bun California mixed veggies Pineapple Banana Milk	Eng.muffin / Hard egg Banana BBQ Pork on a bun Baby carrots Pears Yogurt Graham crackers	English muffin / Cereal Grapes Mac & cheese with ham Peas Apple slices Tortilla chips Bean dip / water	Pumpkin muffin Apple sauce Sweet & sour chicken Rice Oriental vegetables Mandarin oranges Or COOK'S CHOICE Milk	Build a yogurt parfait Berries COOK'S CHOICE Spinach salad Pears YFS wheat roll Milk
5/25	5/26	5/27	5/28	5/29
MEMORIAL DAY YFS Closed	Breakfast burrito / Eggs Grapes Smart pizza Spinach salad Pears Cheese slice Wheat bread / Water	Bagel Orange slices Fajita chicken strips Tortilla Mixed greens Apple crisp RCHS AM Class Picnic YFS wheat roll Milk	YFS muffin Applesauce Beef nachos Garden greens Strawberries RCHS PM Class Picnic Hard cooked egg Crackers	Waffle sticks Grapes Spaghetti & meat sauce Italian blend veggies Pineapple No RCHS Orange Bread stick

Milk is served with all meals Menus subject to change

In the operation of child feeding programs, no child will be discriminated against because of race, sex, color, national origin, age, or disability. If you believe you have been discriminated against, write immediately to the Secretary of Agriculture, Washington, DC.

