

SUPPER MEALS - May/June 2018

Kit provides: 2 oz M/MA, 1 oz WGR, & 1/2 c F or V = COMPLETE SUPPER

OVS= 8 oz milk & 1/2 c vegetables

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
April 30 - May 4	Cinnamon Chex & Yogurt & Seeds & Dried Cranberries	Smuckers PB&J, String Cheese, & Juice Kit	Cinnamon Elf Grahams, Vanilla Yogurt, String Cheese, & Dried Fruit Strip	Turkey & Cheese Cubes with Crackers & Tangerine	Sunbutter Cup, Colby Jack Cheese, & Heartzel Pretzels & Applesauce cup
Recipe #	S13237	S15204	S15594	S15796	S15573
M/MA (2 oz)	Strawberry Yoplait Go Big Yogurt tube (D) (18g)	Smuckers PB&J (P,W)(34g) & String Cheese (D)(1g)	4 oz vanilla yogurt (D)(20g) String Cheese (D)(1g)	1 Turkey slice (cut in 1/4's) (0 g) Cheddar Cubes (D)(0g)	Sunbutter Cup (none)(9g) Colby Jack Cheese (D)(0g)
Grain	Cinnamon Chex Bowl (23g)		Cinn. Elf Grahams (S,W)(21g)	Wheat Crackers (D,W)(19g)	Heartzel Pretzels (W)(15g)
Fruit or Veg 1/2 cup	Dried Cranberries with Seeds (39g)	Mango Swirl Juice (13g)	Raspberry Dried Fruit stck (12g)	Apple Slices (8g)	Applesauce cup (14g)
Cond					
Utensils	spoon		spoon		
total items:	5	3	5	4	4
Items provided by site:					
Veg (1/2 c)	Baby Carrots (4g)	Baby Carrots (4g)	Baby Carrots (4g)	Baby Carrots (4g)	Baby Carrots (4g)
Milk (8 oz)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)
Condiments	Ranch (D,E,W)				Ranch (D,E,W)
serving day	6	7	8	9	25
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
May 7 - 11	Cinnamon Toast Crunch & Yogurt & Seeds & Dried Cranberries	Smuckers PB&J, String Cheese, & Juice Kit	Mini Pancakes, Vanilla Yogurt, & Cheese	Ham & Cheese Cubes with Cheez Its & Tangerine	Original Hummus & Tortilla Chips, Roasted Seeds, & Applesauce Cup
Recipe #	S15369	S15204	S15801	S15803	S15561
M/MA (2 oz)	Strawberry Yoplait Go Big Yogurt tube (D) (18g)	Smuckers PB&J (P,W)(34g) & String Cheese (D)(1g)	4 oz vanilla yogurt (D)(20g) String Cheese (D)(1g)	2 Ham slices (0 g) Cheddar Cubes (D)(0g)	Original Hummus Cup (19g) Salted Sunflower Seeds (4g)
Grain	Cinnamon Toast Crunch Bowl (S,W)(22g)		Mini Pancakes (D,E,S,W)(34g)	Cheez its (D,S,W)(14g)	1.5 oz Tortilla chips (23g)
Fruit or Veg 1/2 cup	Dried Cranberries with Seeds (39g)	Mango Swirl Juice (13g)	Craisins (28g)	Apple Slices (8g)	Applesauce cup (14g)
Cond					
Utensils	spoon		spoon		
total items:	4	3	5	4	4
Items provided by site:					
Veg (1/2 c)	Baby Carrots (4g)	Baby Carrots (4g)	Baby Carrots (4g)	Baby Carrots (4g)	Baby Carrots (4g)
Milk (8 oz)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)
Condiments	Ranch (D,E,W)				
serving day	11	7	8	9	10
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
May 14 - 18	Frosted Mini Wheats & Yogurt & Seeds & Dried Cranberries	Smuckers PB&J, String Cheese, & Juice Kit	Cinnamon Crisps, Vanilla Yogurt, & Cheese	Giant Chicken Dipper with Ranch Cup & Apple Slices	Sunbutter Sandwich, Colby Jack, & Applesauce
Recipe #	S14463	S15805	S15807	S15809	S15811
M/MA (2 oz)	Strawberry Yoplait Go Big Yogurt tube (D) (18g)	Smuckers PB&J (P,W)(34g) & String Cheese (D)(1g)	4 oz vanilla yogurt (D)(20g) String Cheese (D)(1g)	Breaded Chicken Fillet (D,W) (16g)	Sunbutter Sandwich (33g)(S, W) Colby Jack Cheese (D)(0g)
Grain	Frosted Mini Wheats Bowl (W) (24g)		Cinnamon Crisps (D,S,W)(25g)		
Fruit or Veg 1/2 cup	Dried Cranberries with Seeds (39g)	Appleberry Juice (13g)	Raspberry Dried Fruit stck (12g)	Apple Slices (8g)	Applesauce cup (14g)
Cond				Ranch cup (D,E,W)(2g)	
Utensils	spoon		spoon		spoon
total items:	4	3	5	3	4
Items provided by site:					
Veg (1/2 c)	Baby Carrots (4g)	Baby Carrots (4g)	Baby Carrots (4g)	Baby Carrots (4g)	Baby Carrots (4g)
Milk (8 oz)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)
Condiments	Ranch (D,E,W)	Ranch (D,E,W)	Ranch (D,E,W)	Ranch (D,E,W)	Ranch (D,E,W)
serving day	11	12	13	14	15
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY

May 21 - 25	Cinnamon Chex & Yogurt & Seeds & Dried Cranberries	Smuckers PB&J, String Cheese, & Juice Kit	Turkey Ham Croissant Sandwich with Craisins	Cheddar Cubes, Egg, & Cheez Its & Apple Slices	Cinnamon Crisps, Vanilla Yogurt, & Seeds
Recipe #	S13237	S15805	S15834	S15823	S15820
M/MA (2 oz)	Strawberry Yoplait Go Big Yogurt tube (D) (18g)	Smuckers PB&J (P,W)(34g) & String Cheese (D)(1g)	Turkey Ham & Cheese Croissant Sandwich (D,S,W) (35g)	Cheddar Cheese Cubes (D) (0g) Hardboiled Egg (E)(0g)	4 oz vanilla yogurt (D)(20g) Salted Seeds (4g)
Grain	Cinnamon Chex Bowl (23g)			Cheez its (D,S,W)(14g)	Cinnamon Crisps (D,S,W) (25g)
Fruit or Veg 1/2 cup	Dried Cranberries with Seeds (39g)	Appleberry Juice (13g)	Craisins (28g)	Apple Slices (8g)	Applesauce cup (14g)
Cond					
Utensils	spoon				spoon
total items:	5	3	2	4	5
Items provided by site:					
Veg (1/2 c)	Baby Carrots (4g)	Baby Carrots (4g)	Baby Carrots (4g)	Baby Carrots (4g)	Baby Carrots (4g)
Milk (8 oz)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)
Condiments	Ranch (D,E,W)	Ranch (D,E,W)	Ranch (D,E,W), mayo, mustard	Ranch (D,E,W)	Ranch (D,E,W)
serving day	16	17	18	19	20

May 28 - June 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	HOLIDAY	Smuckers PB&J, String Cheese, & Juice Kit	Cinnamon Elf Grahams, Vanilla Yogurt, String Cheese, & Dried Fruit Strip	Turkey & Cheese Cubes with Goldfish Crackers & Apple Slices	Sunbutter Cup, Colby Jack Cheese, & Heartzel Pretzels & Applesauce cup
Recipe #		S15805	S15594	S15825	S15573
M/MA (2 oz)		Smuckers PB&J (P,W)(34g) & String Cheese (D)(1g)	4 oz vanilla yogurt (D)(20g) String Cheese (D)(1g)	1 Turkey slice (cut in 1/4's) (0 g) Cheddar Cubes (D)(0g)	Sunbutter Cup (none)(9g) Colby Jack Cheese (D)(0g)
Grain			Cinn. Elf Grahams (S,W)(21g)	Goldfish Crackers (D,S,W)(14g)	Heartzel Pretzels (W)(15g)
Fruit or Veg 1/2 cup		Appleberry Juice (13g)	Raspberry Dried Fruit stck (12g)	Apple Slices (8g)	Applesauce cup (14g)
Cond					
Utensils			spoon		spoon
total items:		3	5	4	5
Items provided by site:					
Veg (1/2 c)		Baby Carrots (4g)	Baby Carrots (4g)	Baby Carrots (4g)	Baby Carrots (4g)
Milk (8 oz)		1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)
Condiments					Ranch (D,E,W)
serving day		7	8	9	25

June 4 - 7	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Frosted Mini Wheats & Yogurt & Seeds & Dried Cranberries	Smuckers PB&J, String Cheese, & Juice Kit	Mini Pancakes, Vanilla Yogurt, & Cheese	Tuna Cup, Tortilla Chips, Apple Slices	SUMMER VACATION!!!
	S14463	S15805	S15801	S15831	
	Strawberry Yoplait Go Big Yogurt tube (D) (18g)	Smuckers PB&J (P,W)(34g) & String Cheese (D)(1g)	4 oz vanilla yogurt (D)(20g) String Cheese (D)(1g)	Tuna cup (F)(0g)	
	Frosted Mini Wheats Bowl (W) (24g)		Mini Pancakes (D,E,S,W)(34g)	1.5 oz Tortilla chips (23g)	
	Dried Cranberries with Seeds (39g)	Appleberry Juice (13g)	Craisins (28g)	Apple Slices (8g)	
				Mayo (E,S)(1g)	
	spoon		spoon	fork	
	4	3	5	5	
	Baby Carrots (4g)	Baby Carrots (4g)	Baby Carrots (4g)	Baby Carrots (4g)	
	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	
	Ranch (D,E,W)	Ranch (D,E,W)	Ranch (D,E,W)	Ranch (D,E,W)	
	11	12	13	14	

Carbohydrates noted (___g) **ALLERGENS NOTED: D = Dairy, E = Eggs, F= Fish, P = Peanuts, S = Soy, T = Treenuts, W = Wheat**