

SUPPER MEALS - May 2019

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 29 - May 3	Recipe #	S15327	S15204			
	M/MA (2 oz)	Cinnamon Toast Crunch & Yogurt & Seeds & Dried Cranberries	Smuckers PB&J, String Cheese, & Juice Kit	Turkey Ham Croissant Sandwich with Apple Chips	Giant Chicken Dipper with Ranch Cup & Mango Swirl Juice	Turkey & Colby Jack Cheese with Jalapeno Cheese Puffs & Fresh Fruit
Grain	Cinnamon Toast Crunch Bowl (S, W)(22g)	Smuckers PB&J (P,W)(34g) & String Cheese (D)(1g)	Turkey Ham & Cheese Croissant Sandwich (D,S,W) (35g)	Breaded Chicken Fillet (D,W) (16g)	Jalapeno Cheese Puffs (D)(15 g)	
Fruit or Veg 1/2 cup	Dried Cranberries with Seeds (39g)	Strawberry Banana Swirl Juice (13g)	Dried Apple Chips (10g)	Mango Swirl Juice (13g)	Fresh Fruit (12g)	
Cond				Ranch cup (D,E,W)(2g)		
Utensils	spoon					
total items:	5	3	2	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), mayo, mustard	Ranch (D,E,W)	Ranch (D,E,W)	
<small>servicing day</small>	1	2	3	4	5	
May 6-10	Recipe #	S15369	S15204			
	M/MA (2 oz)	Frosted Mini Wheats & Yogurt & Seeds & Dried Cranberries	Smuckers PB&J, String Cheese, & Juice Kit	Kelloggs Crunch Mania, Vanilla Yogurt, & Cheese	Jalapeno Cheese Puffs, Seeds, Colby Cheese & Mango Swirl	Tuna Cup, Cheez Its & Applesauce
Grain	Frosted Mini Wheats Bowl (W) (24g)	Smuckers PB&J (P,W)(34g) & String Cheese (D)(1g)	4 oz vanilla yogurt (D)(20g) Cheddar Cubes (D)(0g)	Crunch Mania (D,S,W)(37 g)	Jalapeno Cheese Puffs (D)(15 g)	Cheez Its (D,S,W)(14g)
Fruit or Veg 1/2 cup	Dried Cranberries with Seeds (39g)	Strawberry Banana Swirl Juice (13g)	Craisins (28 g)	Mango Swirl Juice (13g)	Applesauce cup (14g)	
Cond				Ranch cup (D,E,W)(2g)	Mayo (E,S)(1g)	
Utensils	spoon		spoon		fork	
total items:	4	3	5	3	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)	Ranch (D,E,W)	Ranch (D,E,W)	
<small>servicing day</small>	6	7	8	9	10	
May 13-17	Recipe #		S15204			
	M/MA (2 oz)	Cinnamon Chex & Yogurt & Seeds & Dried Cranberries	Smuckers PB&J, String Cheese, & Juice Kit	Eggo Mini Pancake Dippers, Hard Boiled Egg, & Strawberry Fruit Cup	Nature Valley Cinnamon Crisps, Vanilla Yogurt, & Cheese	Peanutbutter Cup, Colby Jack Cheese, & Heartzels & Applesauce cup
Grain	Cinnamon Chex Bowl (23g)	Smuckers PB&J (P,W)(34g) & String Cheese (D)(1g)	Hardboiled Egg (E)(1g)	4 oz vanilla yogurt (D)(20g) String Cheese (D)(1g)	Peanutbutter Cup (P) (8 g) Colby Jack Cheese (D)(0g)	
Fruit or Veg 1/2 cup	Dried Cranberries with Seeds (39g)	Strawberry Banana Swirl Juice (13g)	Mini Pancakes (D,E,S,W)(34g)	Cinnamon Crisps (D,S,W)(25g)	Heartzels Pretzels (W)(15g)	
Cond						
Utensils	spoon		spoon	spoon	spoon	
total items:	3	3	5	5	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)	
<small>servicing day</small>	11	12	13	14	15	

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
May 20-24	Cinnamon Toast Crunch & Yogurt & Seeds & Dried Cranberries	Smuckers PB&J, String Cheese, & Juice Kit	Turkey Ham Croissant Sandwich with Apple Chips	Yummy Chillin' Pepperoni Pizza!	NEW! Cheese Curds, Roasted Seeds, Wheat Crackers, & Apple Chips
Recipe #	S13237	S15204			
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)	Pepperoni Pizza (D,S,W)(38g)	Cheese Curds Roasted Seeds (none)(4G)
Grain	Cinnamon Toast Crunch Bowl (S, W)(22g)				Wheat Crackers 14g(D,W)
Fruit or Veg 1/2 cup	Dried Cranberries with Seeds (39g)	Strawberry Banana Swirl Juice (13g)	Dried Apple Chips (10g)	Mango Swirl Juice (13g)	Applesauce cup (14g)
Cond					
Utensils	spoon				
total items:	5	3	2	2	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), mayo, mustard	Ranch (D,E,W)	Ranch (D,E,W)
<small>servicing day</small>	16	17	18	19	20
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
May 27 - 31	HOLIDAY	Frosted Mini Wheats & Yogurt & Seeds & Dried Cranberries	Smuckers PB&J, String Cheese, & Juice Kit	Giant Chicken Dipper with Ranch Cup & Mango Swirl Juice	Turkey & Colby Jack Cheese with Jalapeno Cheese Puffs & Fresh Fruit
Recipe #		S15369	S15204		
M/MA (2 oz)		Strawberry Yoplait Go Big Yogurt tube (D) (18g)	Smuckers PB&J (P,W)(34g) & String Cheese (D)(1g)	Breaded Chicken Fillet (D,W) (16g)	1 Turkey Stick (0 g) Colby Jack Cheese (D)(0g)
Grain		Frosted Mini Wheats Bowl (W) (24g)			Jalapeno Cheese Puffs (D)(15 g)
Fruit or Veg 1/2 cup		Dried Cranberries with Seeds (39g)	Strawberry Banana Swirl Juice (13g)	Mango Swirl Juice (13g)	Fresh Fruit (12g)
Cond				Ranch cup (D,E,W)(2g)	
Utensils		spoon			
total items:		4	3	3	4
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)	Ranch (D,E,W)	Ranch (D,E,W)	Ranch (D,E,W)
<small>servicing day</small>		21	22	23	24
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
June 3 - 6	Cinnamon Chex & Yogurt & Seeds & Dried Cranberries	Smuckers PB&J, String Cheese, & Juice Kit	Nature Valley Cinnamon Crisps, Vanilla Yogurt, & Cheese	Tuna Cup, Wheat Crackers, & Mango Swirl Juice	SUMMER VACATION!!!
Recipe #		S15204			
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) Cheddar Cubes (D)(0g)	Tuna cup (F,S)(0g)	
Grain	Cinnamon Chex Bowl (23g)		Cinnamon Crisps (D,S,W)(25g)	Wheat Crackers 14g(D,W)	
Fruit or Veg 1/2 cup	Dried Cranberries with Seeds (39g)	Strawberry Banana Swirl Juice (13g)	Craisins (28 g)	Mango Swirl Juice (13g)	
Cond				Mayo (E,S)(1g)	
Utensils	spoon		spoon	fork	
total items:	3	3	5	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)	Ranch (D,E,W)	Ranch (D,E,W)	Ranch (D,E,W)	
<small>servicing day</small>	25	26	27	28	