

# Elderhaus and Mindset May 2022 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<p><b>Breakfast:</b> Cold Cereal (variety) WW Toast (WGR) Tropical Fruit; Milk</p> <p><b>Lunch:</b> Beef Burritos (smothered) Lettuce and Tomato Refried Beans; Milk Tropical Fruit</p> <p><b>Snack:</b> Yogurt &amp; Fruit</p>	<p><b>Breakfast:</b> WW Pancakes (WGR) Pineapple; Milk</p> <p><b>Lunch:</b> Beef Pot Roast Potatoes/Carrots; Roll Pineapple; Milk</p> <p><b>Snack:</b> Juice &amp; Crackers</p>	<p><b>Breakfast:</b> Baked Oatmeal WW Toast (WGR) Applesauce; Milk</p> <p><b>Lunch:</b> Meat Pizza Side Salad Applesauce; Milk</p> <p><b>Snack:</b> Graham Crackers Peanut Butter</p>	<p><b>Breakfast:</b> WW French Toast (WGR) Pears; Milk</p> <p><b>Lunch:</b> Beef Tacos Lettuce and Tomato Refried Beans Pears; Milk</p> <p><b>Snack:</b> Cottage Cheese Fruit</p>	<p><b>Breakfast:</b> WW English Muffin (WGR) Apricots; Milk</p> <p><b>Lunch:</b> Beefy Lasagna Soup Side Salad; Roll Apricots; Milk</p> <p><b>Snack:</b> Fresh Vegetables with Dip</p>
9	10	11	12	13
<p><b>Breakfast:</b> WW French Toast (WGR) Pears; Milk</p> <p><b>Lunch:</b> Chicken Tortilla Soup Corn; Tortilla Pears; Milk</p> <p><b>Snack:</b> Cottage Cheese Fruit</p>	<p><b>Breakfast:</b> Cream of Wheat WW Toast (WGR) Fruit Cocktail; Milk</p> <p><b>Lunch:</b> Philly Beef Wrap Hashbrown Casserole Fruit Cocktail; Milk</p> <p><b>Snack:</b> Spinach Salad Toast Tips</p>	<p><b>Breakfast:</b> WW Pancakes (WGR) Mandarin Oranges Milk</p> <p><b>Lunch:</b> Chicken Stir Fry with Rice; Milk Mandarin Oranges</p> <p><b>Snack:</b> Yogurt and Fruit</p>	<p><b>Breakfast:</b> Oatmeal WW Toast (WGR) Peaches; Milk</p> <p><b>Lunch:</b> Chicken Carbonaro Side Salad; Roll Peaches; Milk</p> <p><b>Snack:</b> Fresh Vegetables w/dip</p>	<p><b>Breakfast:</b> Cold Cereal (variety) WW Toast (WGR) Pineapple; Milk</p> <p><b>Lunch:</b> Menudo w/Pork Cilantro/Lime Rice Pineapple; Milk</p> <p><b>Snack:</b> Juice and Crackers</p>
16	17	18	19	20
<p><b>Breakfast:</b> WW Pancakes (WGR) Apricots; Milk</p> <p><b>Lunch:</b> Roast Pork Potatoes and Gravy Green Peas; Roll Apricots; Milk</p> <p><b>Snack:</b> Yogurt and Fruit</p>	<p><b>Breakfast:</b> WW English Muffin (WGR) Pears; Milk</p> <p><b>Lunch:</b> Egg Salad Sandwich 3 Bean Salad Pears; Milk</p> <p><b>Snack:</b> Fresh Vegetables w/dip</p>	<p><b>Breakfast:</b> Baked Oatmeal WW Toast (WGR) Tropical Fruit; Milk</p> <p><b>Lunch:</b> Meat Pasta Fagioli Caesar Salad; Roll Tropical Fruit; Milk</p> <p><b>Snack:</b> Banana Bread Milk</p>	<p><b>Breakfast:</b> WW French Toast (WGR) Peaches; Milk</p> <p><b>Lunch:</b> Beef Burritos (smothered) Lettuce and Tomato Refried Beans Peaches; Milk</p> <p><b>Snack:</b> Juice and Crackers</p>	<p><b>Breakfast:</b> Cream of Wheat WW Toast (WGR) Applesauce; Milk</p> <p><b>Lunch:</b> Chicken Fingers French Fries/Onion Rings; Roll Applesauce; Milk</p> <p><b>Snack:</b> Spinach Salad Toast Tips</p>

# Elderhaus and Mindset May 2022 Menu

Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27
<p><b>Breakfast:</b> Oatmeal WW Toast (WGR) Applesauce; Milk</p> <p><b>Lunch:</b> Beef Pot Roast with Potatoes/Carrots Peas; Roll Applesauce; Milk</p> <p><b>Snack:</b> Fresh Vegetables w/dip</p>	<p><b>Breakfast:</b> WW Pancakes (WGR) Mandarin Oranges Milk</p> <p><b>Lunch:</b> Roast Pork Pierogies; Sauerkraut Mandarin Oranges Roll; Milk</p> <p><b>Snack:</b> Cottage Cheese Fruit</p>	<p><b>Breakfast:</b> Cold Cereal (variety) WW Toast (WGR) Tropical Fruit; Milk</p> <p><b>Lunch:</b> Southwest Turkey Tortilla Wrap Corn &amp; Black Bean Salad Tropical Fruit; Milk</p> <p><b>Snack:</b> Celery with Peanut Butter/Raisins</p>	<p><b>Breakfast:</b> WW French Toast (WGR) Peaches; Milk</p> <p><b>Lunch:</b> Hamburger/Hot Dog w/bun Potato Salad Baked Beans Peaches; Milk</p> <p><b>Snack:</b> Yogurt and Fruit</p>	<p><b>Breakfast:</b> WW English Muffin (WGR) Fruit Cocktail; Milk</p> <p><b>Lunch:</b> Split Pea Soup w/Ham Cornbread Fruit Cocktail; Milk</p> <p><b>Snack:</b> Juice and Crackers</p>
30	31			
<p><b>Closed for Holiday</b></p>	<p><b>Breakfast:</b> Cold Cereal (variety) WW Toast (WGR) Applesauce; Milk</p> <p><b>Lunch:</b> Cranberry Turkey Wrap Broccoli/Grape Salad Applesauce; Milk</p> <p><b>Snack:</b> Graham Crackers Peanut Butter</p>		<p>Color Key: Purple: Breakfast 8:30am-9:15am Green: Lunch 12:00pm Red: Snack 2:45pm Picnic Lunch: Mindset</p>	<p><b>Rolls or bread</b> are served with lunch daily. <b>Whole Grain (WGR)</b> Requirement is served at Breakfast Daily. <b>1% unflavored Milk</b> served daily at breakfast and lunch</p>

	5/2	5/9	5/16	5/23
<b>May 2022 Picnic Monday</b>	Ham/Cheese Sandwich Pea Salad Fruit Cocktail; Milk	Chicken Salad Sand. 3-Bean Salad Pineapple; Milk	Chef Salad w/ Turkey and Ham Apricots; Roll; Milk	Cold Cut Sandwich Baked Beans Applesauce; Milk
	5/30			
<b>May 2022 Picnic Monday</b>	Ham/Cheese Wrap Side Salad Fruit Cocktail; Milk			

This institution is an equal opportunity provider.