

# Elderhaus and Mindset May 2023 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
<p><b>Breakfast:</b> Oatmeal WW Toast (WGR) Pineapple; Milk</p> <p><b>Lunch:</b> Grilled Ham and Cheese Sandwich Tomato Soup Tropical Fruit; Milk</p> <p><b>Snack:</b> Crackers &amp; String Cheese</p>	<p><b>Breakfast:</b> WW Pancake (WGR) Apricots Milk</p> <p><b>Lunch:</b> Chili Mac Corn, Roll Fresh Fruit; Milk</p> <p><b>Snack:</b> Apple Slices and Peanut Butter</p>	<p><b>Breakfast:</b> Hard Boiled Egg WW Toast (WGR) Fruit Cocktail; Milk</p> <p><b>Lunch:</b> Chef Salad (ham, turkey, cheese) Roll; Pears; Milk</p> <p><b>Snack:</b> Muffin &amp; Milk</p>	<p><b>Breakfast:</b> Cold Cereal (variety) WW Toast (WGR) Tropical Fruit; Milk</p> <p><b>Lunch:</b> Roast Pork; Roll Mashed Potatoes Applesauce; Milk</p> <p><b>Snack:</b> Cucumber and Tomato Salad</p>	<p><b>Breakfast:</b> WW French Toast (WGR) Fresh Fruit; Milk</p> <p><b>Lunch:</b> Beef Tacos with Lettuce, Tomatoes, Refried Beans Fresh Fruit; Milk</p> <p><b>Snack:</b> Corn and Black Bean Salsa with Tortilla Chips</p>
8	9	10	11	12
<p><b>Breakfast:</b> Cold Cereal (variety) WW Toast (WGR) Fresh Fruit; Milk</p> <p><b>Lunch:</b> Chicken Noodle Soup with Mixed Veggies Fresh Fruit; Roll Milk</p> <p><b>Snack:</b> Apple Juice and Crackers</p>	<p><b>Breakfast:</b> Cream of Wheat WW Toast (WGR) Mandarin Oranges; Milk</p> <p><b>Lunch:</b> Smothered Burrito with Ground Beef Seasoned Black Beans Fresh Fruit; Milk</p> <p><b>Snack:</b> Muffin &amp; Milk</p>	<p><b>Breakfast:</b> WW French Toast (WGR) Fruit Cocktail; Milk</p> <p><b>Lunch:</b> Chicken and Veggie Lo Mein Pork Egg Roll Pineapple; Milk</p> <p><b>Snack: (Snack Creation)</b> Fruit and Yogurt Parfait</p>	<p><b>Breakfast:</b> Cold Cereal (variety) WW Toast (WGR) Applesauce; Milk</p> <p><b>Lunch:</b> Philly Cheese Steak on Roll French Fries Fresh Fruit; Milk</p> <p><b>Snack: Broccoli Grape Salad</b></p>	<p><b>Breakfast:</b> WW Pancake (WGR) Fresh Fruit; Milk</p> <p><b>Lunch:</b> Creamy Pesto Chicken Pasta Side Salad 1\2 Banana Roll; Milk</p> <p><b>Snack:</b> Fresh Assorted Veggies with Ranch Dip</p>
15	16	17	18	19
<p><b>Breakfast:</b> WW French Toast (WGR) Fruit Cocktail; Milk</p> <p><b>Lunch:</b> Spaghetti w/Gr Beef Green Leaf Salad Roll Fresh Fruit; Milk</p> <p><b>Snack:</b> Muffin and Milk</p>	<p><b>Breakfast:</b> Baked Oatmeal WW Toast (WGR) ½ Banana; Milk</p> <p><b>Lunch:</b> Turkey Cranberry Salad Sandwich 3 Bean Salad Fresh Fruit; Milk</p> <p><b>Snack:</b> ½ Peanut Butter &amp; Jelly Sandwich Milk</p>	<p><b>Breakfast:</b> WW Pancakes (WGR) Pineapple; Milk</p> <p><b>Lunch:</b> Stuffed Pepper Soup with Ground Beef Fruit Cocktail Roll; Milk</p> <p><b>Snack:</b> Cucumber/Tomato Salad</p>	<p><b>Breakfast:</b> Hard Boiled Egg WW Toast (WGR) Peaches; Milk</p> <p><b>Lunch:</b> Bratwurst on Bun Baked Beans Fresh Fruit; Milk</p> <p><b>Snack: (snack creation)</b> Cheesy Bean Tostada (Refried beans Cheddar cheese Corn Tortilla)</p>	<p><b>Breakfast:</b> Baked Oatmeal WW Toast (WGR) Mandarin Oranges; Milk</p> <p><b>Lunch:</b> Picanha Sliced Beef Baked Potato Fruit Cocktail Roll; Milk</p> <p><b>Snack:</b> Crackers and Juice</p>

This institution is an equal opportunity provider.

# Elderhaus and Mindset May 2023 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
22	23	24	25	26
<p><b>Breakfast:</b> WW French Toast (WGR) Apricots; Milk</p> <p><b>Lunch:</b> Sheppard's Pie with Ground Beef; Roll Peaches; Milk</p> <p><b>Snack:</b> Juice and Crackers</p>	<p><b>Breakfast:</b> Scrambled Eggs WW Toast (WGR) Tropical Fruit; Milk</p> <p><b>Lunch:</b> Sweet &amp; Sour Pork Rice; Stir-Fry Veggies Mandarin Oranges Milk</p> <p><b>Snack:</b> Cucumber/Tomato Salad</p>	<p><b>Breakfast:</b> Cold Cereal (variety) WW Toast (WGR) Fresh Fruit; Milk</p> <p><b>Lunch:</b> Turkey Sandwich Side Salad Applesauce; Milk</p> <p><b>Snack:</b> Muffin and Milk</p>	<p><b>Breakfast:</b> WW Pancakes (WGR) Pears; Milk</p> <p><b>Lunch:</b> Memorial Day BBQ Hamburger or Hot Dog with Bun Baked Beans Watermelon; Milk</p> <p><b>Snack:</b> Cheese Stick and Crackers</p>	<p><b>Breakfast:</b> Cream of Wheat WW Toast (WGR) ½ Banana; Milk</p> <p><b>Lunch:</b> Tuscan Zapata Soup (Mild Italian Sausage); Roll Fruit Cocktail; Milk</p> <p><b>Snack:</b> Cottage Cheese and Fruit</p>
Monday	Tuesday	Wednesday		
29	30	31		
<p><i>Closed For Memorial Day Observance.</i></p>	<p><b>Breakfast:</b> Cold Cereal (variety) WW Toast (WGR) Apricots; ; Milk</p> <p><b>Lunch:</b> Cold Cut Sandwich with Ham and Turkey Baked Beans Fresh Fruit; Milk</p> <p><b>Snack:</b> Juice &amp; Crackers</p>	<p>Baked Oatmeal WW Toast (WGR) ½ Banana; Milk</p> <p><b>Lunch:</b> Taco Salad with Ground Beef and Tortilla Chips Pinto Beans Pineapple; Milk</p> <p><b>Snack:</b> Cottage Cheese and Fruit</p>	<p>Rolls or bread are served with lunch daily.</p> <p><b>Whole Grain (WGR) Requirement</b> is served at Breakfast Daily.</p> <p><b>1% unflavored Milk</b> served daily at breakfast and lunch</p>	