

Whitehead Menu – May 2017

	Mon	Tue	Wed	Thu	Fri
	1 Breakfast Pizza-26 Apple Wedges - 12 Steak Fingers - 19 Potatoes/Gravy-35 Corn - 20 Hot Roll - 30 Diced Pears - 15	2 Fruit Parfait – 75 Cinnamon Toast-26 Ham/Cheese Sub Tomato/pickle – 37 Fritos – 24 Carrots/Ranch -12 Diced Peaches-17	3 Cereal - 22 Banana - 23 ----- Hot Dog - 32 Baked Beans - 36 Carrots/Ranch - 12 Apple Wedges - 12 No Bake Cookie - 28	4 Muffin – 31 Orange Wedges - 15 ----- Hamburger - 35 Tomato/Pickle French Fries - 21 Carrots/Ranch - 12 Applesauce - 12	5 Long Johns - 40 Assorted Fruit - 15 “Cinco de Mayo” Crunchy Taco – 25 Pinto Beans - 21 Chips/Guacamole- 25 Pineapple - 20 And Churro
	8 Pancake on Stick OR Pancakes/Syrup- 34 Orange Wedges – 15 ----- Pepperoni Pizza – 35 Carrots/Ranch - 12 Corn - 20 Applesauce - 12	9 Fruit Parfait - 75 Cinnamon Toast-26 ----- Baked Potato 37 Ham/Cheese - 7 Broccoli - 4 Crackers - 5 Apples Wedges - 12	10 Cereal - 22 Banana - 23 ----- Oven Fried Chicken-0 Sliced Carrots - 7 Green Beans - 7 Hot Roll - 30 Diced Peaches - 17 Cookie - 20	11 Muffin - 31 Assorted Fruit – 15 Crispito - 20 Pinto Beans – 21 Chips & Salsa - 18 Diced Pears - 15	12 Cinnamon Roll - 38 Diced Peaches - 17 ----- Frito Chili Pie - 27 Cheese - 10 Broccoli - 4 Orange Wedges-15
	15 Biscuit/Gravy - 26 Orange Wedges-15 Sloppy Joe/Bun – 36 Veggie Beans – 23 Broccoli/Cheese-15 Diced Pears - 15	16 Pancakes – 16 Syrup – 31 Apple Wedges – 15 Pasta/Meat Sauce-35 Sliced Carrots - 7 Green Beans - 7 Garlic Bread - 30 Diced Peaches-17	17 Cereal - 22 Banana - 23 ----- Turkey/Cheese Sub Tomato/pickle - 37 Fritos - 24 Carrots/Ranch - 12 Apple Wedges – 15 Cookie - 20	18 Muffin - 31 Assorted Fruit-15 Chicken Fajita - 24 Pinto Beans – 21 Chips & Salsa-18 Pineapple - 20	19 Dutch Waffle- 43 Assorted Fruit -15 BBQ Sandwich-25 French Fries-21 Corn - 20 Orange Wedges-15
	22 Breakfast Burrito-30 Assorted Fruit – 15 Corndog – 30 Veggie Beans-23 French Fries - 21 Diced Pears - 15	23 Cereal – 22 Assorted Fruit – 15 No Lunch Served. Buses will run at 11:00 am.	24 Have a Safe/Fun Summer!!	25	26
	29	30	31 Skim Milk – 11 Non-Fat Choc – 24 Orange Juice – 15	The number that follows the menu item is the total carbohydrate count in grams.	Our monthly menu is based on food availability. This institution is an equal opportunity provider and employer.