

MAY 2019




MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>Suggested donation is \$3.00 per meal Thank you for your donations. Donations help to maintain the meal program.</p>	<p>SERVING SIZES Grains – 2 ounces Vegetables – ½ cup Fruits – ½ cup Protein – 3 ounces Dairy – 1 cup</p>	<p>1 MAY BREAKFAST Fruit Salad Scrambled Eggs Whole Grain French Toast w/Syrup / Home Fries Bacon & Sausage 100% Tomato Juice (LS)</p>	<p>2 Minestrone Soup Cranberry Balsamic Chicken Mashed Cauliflower Broccoli Greek Yogurt Roast Beef Club on Wheat</p>	<p>3 RI INDEPENDENCE DAY RI Clam Chowder Clam Cake Hot Wiener on Wheat Roll Corn on the Cobb Brownies</p>
<p>6 Cream of Broccoli Soup Shepard's Pie Mashed Potato Whole Grain Biscuit Fig Newtons Seafood Salad on Wheat</p>	<p>7 Vegetable Noodle Soup Open Turkey Sandwich w/Gravy Stuffing (Whole Wheat Bread) Green Beans Pudding Meatball Grinder on Wheat Roll</p>	<p>8 Chicken Escarole Soup Bolognese w/ Wheat Pasta Tossed Salad Italian Bread Fruit Salad Italian Grinder</p>	<p>9 MOTHER'S DAY LUNCH Italian Wedding Soup Stuffed Chicken Breast w/Gravy Baby Carrots/Cranberry Sauce Mashed Sweet Potato Frosted Cake</p>	<p>10 Lentil Soup Fish Bake w/Peppers & Onions Brown Rice Pilaf Green Bean Salad Fresh Fruit BBQ Chicken Sandwich Wheat</p>
<p>13 Split Pea Soup Chicken Parm Penne (Whole Grain) w/ Sauce Mixed Veg Fruit Cup Corned Beef and Cheese on Wheat</p>	<p>14 Mushroom Barley Soup Roasted Chicken Drumstick Stuffed Zucchini Spinach Oatmeal Raisin Cookie Chef Salad</p>	<p>15 Escarole and Bean Soup Honey Glazed Beef Pasta Salad Wax Beans Sliced Melon Turkey Club on Wheat</p>	<p>16 Chicken Soup Italian Pork Chop Roasted Potato Spinach Lorna Doone Cookie Tuna Salad on Wheat</p>	<p>17 White Bean Soup Chicken Fajitas / Wheat Tortillas Sour Cream and Lettuce Rice Cauliflower Fruit Cup Cheeseburger on Wheat Roll</p>
<p>20 Kale and Bean Soup Meatball & Pepper Sandwich (Whole Grain Roll) Greek Cucumber Salad Chips Greek Yogurt Chicken Salad on Wheat Roll</p>	<p>21 Chicken and Rice Soup Baked Manicotti Caprese Salad Garlic Bread Fruit Cup Pastrami Rubeen on Rye</p>	<p>22 Vegetable Soup Fish Bake w/Lemon Roasted Red Potato Green Beans Chocolate Chip Cookies Sausage & Pepper Sandwich</p>	<p>23 Tortellini Soup Chicken Cacciatore Wild Rice Brussel Sprouts Pudding Egg Salad Plate</p>	<p>24 MEMORIAL DAY MEAL Roasted Cauliflower Soup BBQ Ribs Potato Salad Roasted Zucchini w/ Tomato Whole Grain Corn Bread Ice Cream Cobb Salad</p>
<p>27 MEMORIAL DAY MEAL SITES CLOSED</p> 	<p>28 Chicken and Escarole Soup Spaghetti and Meatballs Tossed Salad Italian Bread/Brownies Turkey and Swiss on Wheat</p>	<p>29 Cream of Mushroom Soup Chicken and Broccoli Eggroll / Garlic Noodle Fruit Salad Chicken Cesar Wrap</p>	<p>30 Birthday Party Minestrone Soup Beef Bracciole Mashed Potato Peas and Carrots/Cake Tuna Salad Plate</p>	<p>31 Lentil Soup Chicken Marsala Mixed Veg Rice Pilaf / Sliced Melon Greek Salad w/Chicken</p>