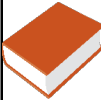





MAY 2023 – EFC COON RAPIDS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	TUITION DUE 1 CHICKEN BREAST NUGGETS (WG), PEAS, PEACHES	2 CHICKEN ALA KING ON WG BUISCUIT, PEARS,	3 ITALIAN SPACHETTI WITH TURKEY SAUCE, CARROTS, FRESH ORANGES, MANDARIN	4 SW PINTO BEANS, CORN BREAD MUFFIN, FRESH APPLES, SOFT APPLE SLICES	BOOK DAY 5 TURKEY TACO ON WG TORTILLA, ROMAINE AND ICEBERG LETTUCE, DRESSING, GREEN BEANS, FRESH BANANA
	8 SW LENTILS, WG BREAD STICKS, PEARS	BIKE DAY 9 CHARBROILED BEEF PATTY WITH KETCHUP ON A WG BUN (WG), GREEN BEANS, PEACHES	10 TURKEY IN GRAVY, WG BUTTERMILK BUISCUIT, PEAS, FRESH APPLE, APPLESAUCE	TWINS DAY 11 CURRY CHICKEN, WG BROWN RICE, FRESH ORANGE, MANDARIN	12 CHICKEN TERIYAKI, WG BROWN RICE, FRESH BANANA
	TUITION DUE 15 CHEESY ROTINI, GREEN BEANS, PEACHES	DRESS LIKE A FARMER 16 CHILITO ON WG TORTILLA, PEARS	17 BBQ CHICKEN ON WG BUN, SQUASH, PINEAPPLE, SOFT APPLE SLICES	18 TURKEY CHILI, WG BREAD STICK, FRESH ORANGE, - OR SCRAMBLED EGG WITH BROCCOLI, WG BREAD STICK, MANDARIN	BOOK DAY 19 SW CHICKEN, WG TORTILLA FRESH BANANA
	22 STIRFRY BEEF AND VEGGIES OVER 5 GRAIN BLEND, PEARS	23 CHICKEN FLORENTINE 5 GRAIN BLEND, PEACHES	24 CHICKEN SPAGHETTI, GREEN BEANS FRESH ORANGES, MANDARIN	HAT DAY 25 TURKEY SLOPPY JOES, WG BUN, MIXED VEGGIES, FRESH APPLE, SOFT APPLE SLICES	26 Profesional Development Day
	29 HOLIDAY	30 CHICKEN PESTO PASTA, GREEN BEANS, PEARS	PAJAMA DAY 31 ITALIAN CABBAGE CRUNCH, WG BUN, FRESH APPLE, SOFT APPLE SLICES		

MILK SERVED WITH EACH MEAL (Whole Milk for children under age 2; 1% for all other children)

RED FONT = TODDLER ALT
 (WG) = WHOLE GRAIN
 * = CONTAINS PORK