



Mountain Sprouts
ACADEMY
COPPER MOUNTAIN

May Meal Calendar

Tuesday	Wednesday	Thursday	Friday
<p>30 Blueberry Muffin, Bananas, Milk</p> <p>Roasted Pork Loin, Yellow Rice, Peas, Fruit cocktail, milk</p> <p>Rice Cakes and Fruit</p>	<p>1 Grits, Scrambled Eggs, Melon, Milk</p> <p>Chicken Cacciatore, Garlic Bread, Pears, Milk</p> <p>Animal Crackers and Fruit Smoothie</p>	<p>2 Granola, Yogurt, Apples, Milk</p> <p>Sloppy Joe on WW Bun, Corn, Grapes, Milk</p> <p>Crackers and Cheese</p>	<p>3 Cinnamon Rolls, Berries, Milk</p> <p>Jambalaya, Rolls, Green Beans, Bananas, Milk</p> <p>Pretzels and String cheese</p>
<p>7 Biscuits and Gravy, Melon, Milk</p> <p>Cabbage and Meatball Soup, Apples, Cornbread, Milk</p> <p>Veggies and Dressing</p>	<p>8 Sour Cream Coffee Cake, Grapes, Milk</p> <p>Pasta Salad, Turkey roll-up, Crackers, Orange Slices, Milk</p> <p>Cucumber Slices and Teddy Grahams</p>	<p>9 Country Style Breakfast Hash, Kiwi, Milk</p> <p>Pot Roast, Rice, corn, Pears, Milk</p> <p>Applesauce and Animal Crackers</p>	<p>10 Muffins with Mom, Fruit Cocktail, Milk</p> <p>Chicken Tortilla Soup, carrot sticks, Peaches, Milk</p> <p>Apple Crisp, Vanilla yogurt</p>
<p>14 Oatmeal, Applesauce, Milk</p> <p>Meatball Sandwiches, Sweet Potato Fries, Mandarin Oranges, Milk</p> <p>Goldfish Crackers, Cucumbers</p>	<p>15 Waffles, Berries, Milk</p> <p>Tomato Soup and Grilled Cheese, green pepper slices, Pears, Milk</p> <p>Cottage Cheese and Pineapple</p>	<p>16 Bagel with Cream Cheese, Peaches, Milk</p> <p>Sun Butter and Jelly Sandwiches, Carrot Sticks, Strawberries, Milk</p> <p>Soft Pretzels and String Cheese</p>	<p>17 English Muffins and Sausage Patties, Melon, Milk</p> <p>Ham Roll Ups, Buttered Noodles, Roasted Broccoli, Fruit Salad, Milk</p> <p>Breadsticks and Pepper Slices</p>
<p>21 Lemon Muffins, Bananas, Cheese, Milk</p> <p>Chicken Piccata, Egg Noodles, Broccoli, Peaches, Milk</p> <p>Frozen Yogurt, Berries, Cones</p>	<p>22 Pancakes and Syrup, Orange Slices, Milk</p> <p>Baked Potatoes, Chili and Cheese, Melon, Milk</p> <p>Sponge Cake, Strawberries, Whipped Cream</p>	<p>23 Honey Nut Cheerios, Cheese, Milk</p> <p>Pizza, Salad, Apple Sauce, Milk</p> <p>Rice Cakes and Nut Butter</p>	<p>24 Pancakes on a Stick, Syrup, Sausage Patty, Milk</p> <p>Minestrone Soup, Rolls, Melon, Milk</p> <p>Pretzels and Cheese</p>
<p>28 Biscuits w/Eggs & Ham, Pears, Milk</p> <p>Beef Tacos, White Beans, Rice, Pineapple, Milk</p> <p>Yogurt and Fruit</p>	<p>29 French Toast, Berries, Milk</p> <p>Mac and Cheese, Salisbury Steak, Broccoli, Peaches, Milk</p> <p>Croissant w/Sunbutter, Melon</p>	<p>30 Oatmeal, Berries, Milk</p> <p>Ribs, Baked Beans, Corn, Oranges, Milk</p> <p>Veggies and Ranch</p>	<p>31 Rice Crispies, Bananas, Milk</p> <p>Chicken Alfredo w/Pasta, Peas, Mandarin Oranges, Milk</p> <p>Potstickers & Jicama</p>

