



HORIZON EDUCATION CENTERS

May-23

1	2	3	4	5
WG Pizza, Green Beans, Applesauce with Milk.	Turkey Burger with Cheese, Peas, Fresh Oranges, WG Hamburger Buns, with Milk.	Meatloaf with Mash Potatoes, Diced Strawberries, WG Corn Bread with Milk.	Parsley Lemon Chicken, Broccoli, Diced Peaches, WG Rice with Milk.	Chicken Taco w/ Cheese, Lettuce / Salsa, WG Tortilla, Corn, Diced Pears in Juice with Milk.
8	9	10	11	12
WG Chicken Tenders, Mixed Vegetables, Pineapple, WG Rolls with Milk.	WG Mac & Cheese, Green Beans, Mango, with Milk.	Sweedish Meatballs, Peas, WG Noodles, Applesauce with Milk.	WG Cheesy Quesadilla, Corn, Blueberries with Milk.	CN Chicken Patty, Broccoli, Oranges, WG Hamburger buns with Milk.
15	16	17	18	19
WG Ravioli, Cauliflower, Pears in Juice, with milk.	BBQ Meatballs, Carrots, Diced Peaches, WG Hot Dog Buns, With Milk.	WG Grilled Cheese, Green Beans, Fresh Oranges, with Milk.	CN WG Chicken Strips, Broccoli, Corn Muffins, Diced Strawberries with Milk.	Beef Patty w/ Cheese, Sweet Peas, Banana, with WG Hamburger Bun with Milk.
22	23	24	25	26
Turkey Patty Sausage with Cheese, Biscuits, Cauliflower, Diced Strawberries, with Milk.	Meatloaf, Mash Potatoes, Fresh Oranges, WG Roll with Milk.	WG Cheesey Quesadilla, Corn, Diced Mango with Milk.	Meatball with Gravy, Buttered Noodles, Green Beans, Blueberries, with Milk.	WOW butter, Fresh Carrots, Cheese sticks, Banana with Milk.
29	30	31		
	WG Cheese Pizza, Mixed Vegetables, Peaches, with Milk.	Chicken Taco with Cheese, Lettuce/salsa, WG Tortilla, Corn, blueberries with Milk.		

	1 & 2 Years	3-5 Years	6-12 Years
Meat or meat alternate	1 oz.	1 1/2 oz.	2 oz.
Grains Breads Pasta Noodles	1/2 oz. eq <sup>2</sup>	1/2 oz. eq <sup>2</sup>	1 oz. eq <sup>2</sup>
Fruit	1/8 c	1/4 c.	1/4 c.
Vegetable	1/8 c	1/4 c.	1/2 c.
Milk, fluid	1/2 c	3/4 c	1 c

