

## Community Action Head Start Programs- May 2012

Milk is served with all lunches

Monday	Tuesday	Wednesday	Thursday	Friday
30	1 Ravioli Meat Sauce Bread Stick Green Beans Salad/Dressing Pears	2 Egg Salad Whole Wheat Bread Bell Pepper Slices Mandarin Oranges	3. Oven Baked Chicken Roasted Potatoes Carrots Whole Grain Roll Apple Sauce	4
7 Breaded Turkey Cutlet Mashed Sweet Potatoes Mixed Vegetables Banana	8 Hamburger/whole grain bun Lettuce, tomato, onion Creamy coleslaw Peaches	9. Pork Chop and Apples Brown Rice Peas and Carrots Mixed fruit	10 Beef Tips and Gravy Whole Wheat Eggs Noodles Yellow Squash Fresh Orange	11 Chef Salad(meat, cheese, egg)dressing Whole Grain crackers Tropical Fruit