MAY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
1	2	3		5	Dairy
B Iron Fortified Cereal Banana	B *W W English Muffin Apples	B Iron Fortified Oatmeal Peaches	B *W W Pancake Applesauce	B Iron Fortified Cereal Oranges	Vegetables Protein
*LF Milk	*LF Milk	*LF Milk	*LF Milk	*LF Milk	Choose MyPlate .gov
S Tossed salad and Garbanzo Beans with Water	s *WW Cheese Sandwich and Fresh Oranges with Water	S Fresh Apples and Yogurt with Water	S *WW Bagels w/cream cheese Fresh Oranges with water	S WW Bread Stick, Zuchinini & Pizza Sauce with Water	rethink
beans with water	rresh oranges with water	with water	rresh oranges with water	1 IZZa Sauce With Water	Your Drink
8	9	10	11	12	CHOOSE:
B Iron Fortified Cereal	B *W W Tortilla, Eggs	B *WW Toast, Yogurt	B *W W French Toast	B Blueberry Muffin	. Water
Banana	Fresh Apples	Fruit Mix	Applesauce	Apricots	. Low-fat (1%) or Fat Free Milk
*LF Milk	*LF Milk	*LF Milk	*LF Milk	*LF Milk	. 100% fruit juice (in limited amounts) . 100% vegetable juice
S Applesauce, Graham Crackers with Water	S Gold Fish Crackers, Broccoli and Cauliflower with Water	S Pretzels and Oranges with water	S Fruit Bread and Carrots with Water	S String Cheese and Cucumber with Water	
15	16	17	18	19	
B Iron Fortified Cereal	B *W W Toast, Fresh Apples	B Iron Fortified Oatmeal	B *W W Pancake,	B Iron Fortified Cereal	GROWING HEALTHY
Banana	*LF Milk	Raisins	Applesauce	Oranges	IDEAS FOR LIVING A HEALTHY ACTIVE LIFE
*LF Milk		* LF Milk	*LF Milk	*LF Milk	
					5 Eat at least 5 fruits and vegetables a
S Tossed salad and Garbanzo	s *WW Cheese Sandwich and	S Fresh Apples and Yogurt	S *WW Bagels w/cream cheese,	S WW Bread Stick, Zuchinini &	day.
Beans with Water	Fresh Oranges with Water	with Water	Fresh Oranges with water	Pizza Sauce with Water	
					2 Keep screen time (like TV, video games
22	23	24	25	26	computer) down to 2 hours or less a day.
B Iron Fortified Cereal	B *W W Tortilla, Eggs	B *WW Toast, Yogurt	B *W W French Toast	B Bran Muffin	
Banana	Fresh Oranges	Fresh Apples	Applesauce	Apricots	1 Get 1 hour or more of physical activity
*LF Milk	*LF Milk	*LF Milk	*LF Milk	*LF Milk	every day.
S Applesauce, Graham Crackers	S Gold Fish Crackers, Broccoli	S Pretzels and Oranges	S Fruit Bread and Carrots	S String Cheese and Cucumber	O Drink O sugar-sweetened drinks.
with Water	and Cauliflower with Water	with water	with Water	with Water	Replace soda pop, sports drinks and
					even 100% fruit juice with milk or
29	30	31			water everyday.
	B *W W English Muffin Apples	B Iron Fortified Oatmeal Peaches			
NO SCHOOL	*LF Milk	*LF Milk			
MEMORIAL DAY	C *TATALCharac Can dadal	C. Fresh Angles and Vernet	1		
	s *WW Cheese Sandwich and	S Fresh Apples and Yogurt			
	Fresh Oranges with Water	with Water			Visit our Web site at:
					El Dorado County Office of Education