

GTA MENU for May 2025

May 5-9

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Breakfast	Honey Bunches Of Cereal Fresh orange Slices Milk	Frozen Waffles, Fresh Apple Slices, Milk	Whole grain Pancakes/Syrup, fresh oranges, milk	Hot oatmeal, Bananas, milk	Whole grain cereal (Honey Nut Cheerios), fresh oranges, milk
Lunch	Beef Nachos Baby Carrots Grape milk Beef pilaf	Mac and Cheese, Toasted broccoli Fresh Pears	Baked chicken Mashed potatoes ww toast Canned peaches Milk	Lamb pulao Romaine salad Canned Watermelon milk	Tuna sandwich Baked chips Apple Slices milk
Snack	Cheese it Crackers Apple Juice	Bread with Cream Cheese, Orange Juice	Greek yogurt and fruit smoothie, WG Crackers	Biscuit w/jelly sandwiches, Water	Animal Crackers, Pin , Water

May 11-16

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Breakfast	Whole Grain Cereal (Honey Bunches of Oats) fresh apples, milk	Scrambled Eggs, Whole wheat toast, Fresh oranges, milk	Hot cinnamon Oatmeal, Bananas, milk	Yogurt parfait with granola and berries, milk	Whole grain cereal (Honey Nut Cheerios), fresh oranges,
Lunch	Butter chicken/ rice Romaine salad Fresh apple slices Milk	Taco Tuesday Fresh Apple Slices, milk	Chicken Pasta, Canned Pineapple, Canned Green Beans, milk	Roasted tilapia/ sweet peas rice canned fruit cocktail, milk	Chicken sandwich Fresh Orange Slices, fresh salad, milk
Snack	Homemade WW Cheese toast White Grape Juice	Graham crackers Canned pineapple chunks, water	PB & J sandwich Orange juice	WG English Muffin Pizza, apple juice	Cheese Sticks Fresh Apple Slices water

May 19-23

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Breakfast	Whole grain Hot Oatmeal Cereal, fresh Apple Slices, milk	Bagels with Cream Cheese, Orange juice(one Cup) milk	Croissants/Straw berry Jam, Fresh Orange Slices, milk	Frozen Pancakes Pancakes, Fresh Grapes, milk	Whole grain cereal (Honey Nut Cheerios), fresh oranges, milk
Lunch	Chicken Alfredo Roasted broccoli Fresh mandarin Milk	Chicken Biryani Fresh salad Grapes Milk	Beef Burger Salad French Fries, Milk	WG Beef quesadillas, Fresh Grapes, milk	Tuna sandwich baked chips Pineapple chunks milk
Snack	WW Egg Sandwiches grape juice	Animal Crackers Apple Juice	Chex mix cantaloupe Slices	Cheese Quesadillas Water	Graham Crackers /Vanilla yogurt, water

May 26-30

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Breakfast	Whole grain cereal (Honey bunches of oats), fresh apples, milk	Frozen French Toast Sticks bananas Milk	Croissants with Strawberry jam, fresh oranges, milk	Yogurt parfait /Granola And Berries milk	WG Cheerios Fresh Grapes 1 cup, Milk
Lunch	Beef spaghetti pineapple, Milk	Chicken pilaf Fresh Orange Slices Fresh Salad Milk	Baked chicken Mashed potatoes Ww bread Watermelon milk	Roasted Tilapia Fillets,/ rice Grapes milk	Chicken pasta Corn Peaches milk
Snack	Peanut butter and jelly sandwiches, water	Chocolate chip Muffins, Fresh Grapes, Milk	Pretzels, cheese sticks, apple juice	Egg Sandwiches, Apple Juice	Animal Crackers, Cantaloupe, Water