

EZ Menus Planned for Week of 05/28/2023 thru 06/03/2023

Training Sponsor

May 28, 2023	May 29, 2023	May 30, 2023	May 31, 2023	June 01, 2023	June 02, 2023	June 03, 2023
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast						
				Egg (131) X - Wheat Bread (051) Fruit Cocktai (017) 1% or Skim/ W (1)	Ham (048) X - Wheat Bread (051) Papaya (030) 1% or Skim/ W (1)	
AM Snack						
				Cheddar Chees (117) Broccoli (161)	Waffles (082) Strawberries (043) 1% or Skim/ W (1)	
Lunch						
				Beef Ground (007) Cornbread (014) Pinto Beans (215) Mangos (026) 1% or Skim/ W (1)	Ham (048) Rolls (045) Mashed Potato (218) Fruit Salad (018) 1% or Skim/ W (1)	
PM Snack						
				Yogurt (134) Apricots (004)	Cheddar Chees (117) Broccoli (161)	