



Eugene Family YMCA Child Development
 Rainbows/Friends/Kinders Menu
 May-10

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Cherrios oranges milk	Pancakes Applesauce Milk	English muffins bananas milk	French Toast apple slices Milk	Variety Oatmeal peaches Milk
Gold Fish Apple Slices Water	Yogurt Parfait (yogurt & fruit, graham crackers) Water	Ritz Crackers Peaches	Banana Muffins A-4 Milk	Club Crackes Cheese
Hot Dogs Tator Tots Pears Milk	Mini Meat Loaf D-28 Mashed Potatoes Roll Pineapple Chunks Milk	Stir Fry Chicken D-18 Rice mixed veggies Grapes Milk	Pizza in a Pocket F-04 Green Salad Apricot Halves Yogurt Milk	Turkey & Cheese Sandwich Cucumber Slices Tropical Fruit Milk
Bagels & Cream Cheese _____Juice	Cheese Its Oranges	Pretzels Pears Water	Smoothies Vanilla Wafers	Wheat Thins Grapes
"This institution is an equal opportunity provider."				
USDA Recipe	Our recipe			



Eugene Family YMCA Child Development Rainbows/Friends/Kinders Menu

1-May

Monday	Tuesday	Wednesday	Thursday	Friday
10	11	12	13	14
Waffles Syrup oranges Milk	Breakfast Sandwich Pears Milk	Cinnamon Raisin STrawberries Milk	Corn Muffin A-02 Peaches Milk	Cinnamon Toast Grapes Milk
Mini Pretzels ____Juice	Club Crackers Sliced Cheese 1/2 oz Water	Yogurt Graham Crackers Water	Bagels & Jam ____Juice	carrots, cucumbers, ranch, wheat thins
Canned Chicken Sandwich A- 02 Green Bean Tropical Fruit Milk	Turkey Burger Tator Tots Grapes Milk	Pizza with Cheese Toppings D-23A Green Salad Apple Slices Milk	Turkey Burritos D-21 Corn Bananas Milk	Sweet & Sour Chicken D-06 Rice Peas and Carrots Peaches Milk
Fish Crackers Apple Sauce Water	Peach Muffin A-16 Milk	Fruit Kabobs Ritz Crackers Water	Banana Smoothie Vanilla Wafers Water	Sugar Cookies D-15 Milk
"This institution is an equal opportunity provider."				
USDA Recipe	Our recipe			



Eugene Family YMCA Child Development Rainbows/Friends/Kinders Menu

May-10

Monday	Tuesday	Wednesday	Thursday	Friday
17	18	19	20	21
Cherrios oranges milk	Pancakes Pears Milk	English muffins bananas milk	French Toast Frozen Berries Milk	Variety Oatmeal Grapes Milk
Corn Muffins A-2 Peaches Water	Cheese Its Apple Slices	Mini Pretzels ____Juice	Oatmeal Squares Muffin Milk	Ritz Crackers String Cheese Water
Turkey and Cheese Sandwich Tropical fruit Carrots Milk	Tortilla Roll-Up F-7 Green Salad oranges Milk	Corn Dog Green Beans Grapes Milk	Oven Baked Chicken D-05 Rolls Corn Pineapple Chunks Milk	Fish Sticks Broccoli & Cauliflower Polonaise I-16 Pears Milk
Nutrigrain Bars Milk	Club Cracker Sliced Cheese	Yogurt Graham Crackers	Carrots and Cucumbers Ranch Dressing Wheat Thins	Doughnuts Milk
"This institution is an equal opportunity provider."				
USDA Recipe	Our recipe			



Eugene Family YMCA Child Development Rainbows/Friends/Kinders Menu

May-10

Monday	Tuesday	Wednesday	Thursday	Friday
24	25	26	27	28
Waffles Syrup Mixed Berries Milk	Biscuits & Gravy Peaches Milk	Cinnamon Bagels bananas Milk	Breakfast Sandwich Apple Slices Milk	Cinnamon Toast Peaches Milk
Yogurt Bananas Water	Cottage Cheese Pineapple Water	Pineapple Scones A-1 Milk	Carrots and Cucumbers Ranch Dressing Wheat Thins Water	Banana Bread Squares A-13 Milk
Ham & Cheese Sandwich Corn Pears Milk	Mac & Cheese D-20 Peas Orange Slices Milk	Baked Scrambled Eggs D-15 Spinach Salad Apple Sauce Rolls Milk	Pigs in a Blanket Green Salad Grapes Milk	Cheese Quesadillas Green Beans Tropical Fruit Milk
Brownies Milk	Nutrigrain Bar Milk	Trail Mix _____Juice	Nachos G-3 _____Juice	Pineapple Chunks Ritz Crackers
"This institution is an equal opportunity provider."				
USDA Recipe	Our recipe			