

MAY

Breakfast



THE INTERGENERATIONAL SCHOOL

Monday	Tuesday	Wednesday	Thursday	Friday
April 30, 2018	May 1, 2018	May 2, 2018	May 3, 2018	May 4, 2018
	TURKEY HAM & CHEESE ON ENGLISH MUFFIN ^ Pineapple Tidbits Blended Fruit Juice Choice of Milk	CINNAMON TOAST CRUNCH ^ Graham Crackers ^ Fresh Fruit Choice of Milk	PANCAKES ^ Fresh Fruit Apple-Cranberry Juice Syrup Choice of Milk	STRAWBERRY BANANA YOGURT Granola ^ Fresh Fruit Choice of Milk
May 7, 2018	May 8, 2018	May 9, 2018	May 10, 2018	May 11, 2018
GOLDEN GRAHAM CEREAL ^ French Toast Breakfast Square ^ Cherry Craisins Blended Fruit Juice Choice of Milk	FRENCH TOAST STICKS ^ Orange Juice Diced Pears Syrup Choice of Milk	MOZZARELLA STRING CHEESE Tropical Mini Loaf ^ Fresh Fruit Choice of Milk	BEEF SAUSAGE SLIDER ^ Fresh Fruit Grape Juice Assorted Jelly Choice of Milk	APPLE CINNAMON CHEERIOS ^ Maple Breakfast Square ^ Fresh Fruit Choice of Milk
May 14, 2018	May 15, 2018	May 16, 2018	May 17, 2018	May 18, 2018
TRIX ^ Strawberry Pancake Square ^ Cherry Craisins Blended Fruit Juice Choice of Milk	EGG & CHEESE BAGEL ^ Mixed Fruit Cup Orange Juice Assorted Jelly Choice of Milk	RASPBERRY YOGURT Granola ^ Fresh Fruit Choice of Milk	STRAWBERRY PANCAKES ^ Fresh Fruit Grape Juice Choice of Milk	CORN CHEX ^ Vanilla Waffle Square ^ Fresh Fruit Choice of Milk
May 21, 2018	May 22, 2018	May 23, 2018	May 24, 2018	May 25, 2018
COCOA PUFFS ^ Graham Crackers ^ Cherry Craisins Apple-Cranberry Juice Choice of Milk	WAFFLES ^ Diced Pears Blended Fruit Juice Syrup Choice of Milk	CINNAMON CHEX ^ Maple Breakfast Square ^ Fresh Fruit Choice of Milk	CHICKEN BISCUIT ^ Fresh Fruit Orange Juice Honey Choice of Milk	MOZZARELLA STRING CHEESE Peach Mini Loaf ^ Fresh Fruit Choice of Milk
May 28, 2018	May 29, 2018	May 30, 2018	May 31, 2018	June 1, 2018
MEMORIAL DAY				

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. ** MENU SUBJECT TO CHANGE **

^ Denotes item is whole-grain/whole wheat

*** This institution is an equal opportunity provider.

HAPPY MOTHER'S DAY

www.preferredmealsmenu.com

Nutritional Information: THE INTERGENERATIONAL SCHOOL

Nutrition Information and menus are planned using a blended estimate of milk choices served in schools. For individual milk nutrients consult actual labels on cartons served at the school.

	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
05-01-2018	TURKEY HAM & CHEESE ON ENGLISH MUFFIN ^	207	6	3	0	28	553	25	4	2	11	30	0	175	2	MMA:1oz G/B:2sv WG
	Pineapple Tidbits	68	0	0	0	0	2	16	1	14	2	4	10	14	0	F:1/2c
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	4	0	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
05-02-2018	CINNAMON TOAST CRUNCH ^	110	3	0	0	0	160	22	3	6	1	120	5	200	4	G/B:1sv WG
	Graham Crackers ^	90	2	0	0	0	100	16	1	4	2	100	0	100	1	G/B:1sv WG
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
05-03-2018	PANCAKES ^	144	2	0	0	5	272	29	4	7	4	3	0	100	1	G/B:2sv WG
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1c
	Apple-Cranberry Juice	60	0	0	0	0	15	13	0	12	0	0	0	0	0	F:1/2c
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
05-04-2018	STRAWBERRY BANANA YOGURT	70	0	0	0	5	60	14	0	10	4	0	0	150	0	MMA:1oz
	Granola ^	130	4	0	0	0	30	20	2	6	3	0	0	12	1	G/B:1sv WG
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
05-07-2018	GOLDEN GRAHAM CEREAL ^	100	1	0	0	0	220	24	1	8	1	120	5	80	4	G/B:1sv WG
	French Toast Breakfast Square ^	110	4	1	0	0	40	17	1	5	2	0	0	0	0	G/B:1sv WG
	Cherry Craisins	110	0	0	0	0	0	28	3	24	0	0	0	0	0	F:1/2c
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	4	0	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
05-08-2018	FRENCH TOAST STICKS ^	250	9	2	0	0	300	37	4	8	7	85	8	220	3	G/B:2sv WG
	Orange Juice	56	0	0	0	0	1	13	0	10	1	27	48	11	0	F:1/2c
	Diced Pears	66	0	0	0	0	6	16	2	12	2	0	1	6	0	F:1/2c
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
05-09-2018	MOZZARELLA STRING CHEESE	90	7	5	0	20	200	0	0	0	7	72	0	200	0	MMA:1oz
	Tropical Mini Loaf ^	148	4	1	0	0	177	26	1	12	2	0	2	35	1	G/B:1.25sv WG
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
05-10-2018	BEEF SAUSAGE SLIDER ^	160	5	0	0	14	234	14	1	1	13	0	0	14	1	MMA:1oz G/B:1sv WG
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1c
	Grape Juice	60	0	0	0	0	20	14	0	16	0	0	30	0	0	F:1/2c
	Assorted Jelly	35	0	0	0	0	0	9	0	6	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	

Nutritional Information: THE INTERGENERATIONAL SCHOOL

Nutrition Information and menus are planned using a blended estimate of milk choices served in schools. For individual milk nutrients consult actual labels on cartons served at the school.

	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
05-11-2018	APPLE CINNAMON CHEERIOS ^	110	2	0	0	0	110	22	2	10	2	150	6	100	4	G/B:1sv WG
	Maple Breakfast Square ^	110	4	1	0	0	40	17	1	5	2	0	0	0	0	G/B:1sv WG
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
05-14-2018	TRIX ^	110	2	0	0	24	140	24	1	7	1	120	5	80	4	G/B:1sv WG
	Strawberry Pancake Square ^	110	4	1	0	0	40	17	1	5	2	0	0	0	0	G/B:1sv WG
	Cherry Craisins	110	0	0	0	0	0	28	3	24	0	0	0	0	0	F:1/2c
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	4	0	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
05-15-2018	EGG & CHEESE BAGEL ^	270	8	3	0	122	524	37	3	3	13	67	15	135	2	MMA:1.5oz G/B:2sv WG
	Mixed Fruit Cup	64	0	0	0	0	4	16	1	13	2	8	4	8	0	F:1/2c
	Orange Juice	56	0	0	0	0	1	13	0	10	1	27	48	11	0	F:1/2c
	Assorted Jelly	35	0	0	0	0	0	9	0	6	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
05-16-2018	RASPBERRY YOGURT	80	0	0	0	0	65	15	0	12	4	0	0	150	0	MMA:1oz
	Granola ^	130	4	0	0	0	30	20	2	6	3	0	0	12	1	G/B:1sv WG
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
05-17-2018	STRAWBERRY PANCAKES ^	180	4	2	0	5	240	32	2	7	4	0	0	80	1	G/B:2sv WG
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1c
	Grape Juice	60	0	0	0	0	20	14	0	16	0	0	30	0	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
05-18-2018	CORN CHEX ^	100	0	0	0	0	200	24	1	3	2	150	80	80	7	G/B:1sv WG
	Vanilla Waffle Square ^	110	4	1	0	0	40	17	1	5	2	0	0	0	0	G/B:1sv WG
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
05-21-2018	COCOA PUFFS ^	110	2	0	0	0	160	25	2	8	2	150	6	100	4	G/B:1sv WG
	Graham Crackers ^	90	2	0	0	0	100	16	1	4	2	100	0	100	1	G/B:1sv WG
	Cherry Craisins	110	0	0	0	0	0	28	3	24	0	0	0	0	0	F:1/2c
	Apple-Cranberry Juice	60	0	0	0	0	15	13	0	12	0	0	0	0	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
05-22-2018	WAFFLES ^	130	3	0	0	0	300	24	4	2	4	0	0	80	1	G/B:2sv WG
	Diced Pears	66	0	0	0	0	6	16	2	12	2	0	1	6	0	F:1/2c
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	4	0	0	F:1/2c
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	

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	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
05-23-2018	CINNAMON CHEX ^	120	2	0	0	0	170	22	1	6	1	120	5	80	7	G/B:1sv WG
	Maple Breakfast Square ^	110	4	1	0	0	40	17	1	5	2	0	0	0	0	G/B:1sv WG
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
05-24-2018	CHICKEN BISCUIT ^	265	10	2	0	12	535	34	4	5	10	0	48	120	2	MMA:1oz G/B:2.25sv WG
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1c
	Orange Juice	56	0	0	0	0	1	13	0	10	1	27	48	11	0	F:1/2c
	Honey	25	0	0	0	0	0	7	0	7	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
05-25-2018	MOZZARELLA STRING CHEESE	90	7	5	0	20	200	0	0	0	7	72	0	200	0	MMA:1oz
	Peach Mini Loaf ^	137	4	0	0	0	173	23	2	7	2	2	0	31	1	G/B:1sv WG
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
05-28-2018	MEMORIAL DAY	0	0	0	0	0	0	0	0	0	0	0	0	0	0	

Meal Contributions : M/MA = Meat/Meat Alternate F = Fruit V = Vegetable G/B = Grain/Bread W/G = Whole Grain
 Vegetable Types : DG = Dark Green R/O = Red/Orange L = Legumes S = Starchy O = Other

Allergen Information: THE INTERGENERATIONAL SCHOOL

ALLERGEN WARNING: This menu is for reference only, and the food products delivered to schools are subject to change without notice. Accurate and up-to-date ingredient information regarding ingredients – including the 8 major food allergens – is available on the product label at your school. To avoid exposure to these food allergens, refer to the actual product label. **FAILURE TO DO SO MAY RESULT IN INADVERTENT EXPOSURE TO FOOD ALLERGENS.**

	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
05-01-2018	TURKEY HAM & CHEESE ON ENGLISH MUFFIN ^	X						X	X
	Pineapple Tidbits								
	Blended Fruit Juice								
	Choice of Milk	X							
05-02-2018	CINNAMON TOAST CRUNCH ^							X	X
	Graham Crackers ^							X	X
	Fresh Fruit								
	Choice of Milk	X							
05-03-2018	PANCAKES ^	X	X					X	X
	Fresh Fruit								
	Apple-Cranberry Juice								
	Syrup								
05-04-2018	Choice of Milk	X							
	STRAWBERRY BANANA YOGURT	X							
	Granola ^								
	Fresh Fruit								
05-07-2018	Choice of Milk	X							
	GOLDEN GRAHAM CEREAL ^								X
	French Toast								
	Breakfast Square ^			X				X	X
	Cherry Craisins								
05-08-2018	Blended Fruit Juice								
	Choice of Milk	X							
	FRENCH TOAST STICKS ^							X	X
	Orange Juice								
	Diced Pears								
05-09-2018	Syrup								
	Choice of Milk	X							
	MOZZARELLA STRING CHEESE	X							
	Tropical Mini Loaf ^							X	X
05-10-2018	Fresh Fruit								
	Choice of Milk	X							
	BEEF SAUSAGE SLIDER ^							X	X
	Fresh Fruit								
	Grape Juice								
05-10-2018	Assorted Jelly								
	Choice of Milk	X							

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
05-11-2018	APPLE CINNAMON CHEERIOS ^								
	Maple Breakfast Square ^		X					X	X
	Fresh Fruit								
	Choice of Milk	X							
05-14-2018	TRIX ^								
	Strawberry Pancake Square ^		X					X	X
	Cherry Craisins								
	Blended Fruit Juice								
	Choice of Milk	X							
05-15-2018	EGG & CHEESE BAGEL ^	X	X					X	X
	Mixed Fruit Cup								
	Orange Juice								
	Assorted Jelly								
	Choice of Milk	X							
05-16-2018	RASPBERRY YOGURT	X							
	Granola ^								
	Fresh Fruit								
	Choice of Milk	X							
05-17-2018	STRAWBERRY PANCAKES ^	X	X					X	X
	Fresh Fruit								
	Grape Juice								
	Choice of Milk	X							
05-18-2018	CORN CHEX ^								
	Vanilla Waffle Square ^		X					X	X
	Fresh Fruit								
	Choice of Milk	X							
05-21-2018	COCOA PUFFS ^								
	Graham Crackers ^							X	X
	Cherry Craisins								
	Apple-Cranberry Juice								
	Choice of Milk	X							
05-22-2018	WAFFLES ^	X	X					X	X
	Diced Pears								
	Blended Fruit Juice								
	Syrup								
	Choice of Milk	X							

