



# TLC May Breakfast Menu

Choice of: Water 1% White, Skim or Fat Free, Juice  
Assorted Fresh/Chilled Fruits Served Daily

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>29</p> <p><b>**Variety of Cereal Offered Daily**</b></p>	<p>30</p> <p>Ham, Egg and Cheese or Egg and Cheese on English Muffin</p> <p>Blueberry Patch Parfait</p> <p>Bagel with Cream Cheese</p>	<p>1</p> <p>French Toast Sticks Hash Brown Rounds</p> <p>Strawberry Fields Parfait</p> <p>Bagel with Cream Cheese</p>	<p>2</p> <p>Loaded Hash Browns with Eggs, Cheese, Bacon Crumbles, Scallions, Sour Cream, Salsa</p> <p>Mixed Berry Parfait</p> <p>Bagel with Cream Cheese</p>	<p>3</p> <p>Breakfast Sandwich Sliders</p> <p>Tropical Parfait</p> <p>Bagel with Cream Cheese</p>	<p>4</p> <p>Whole Grain Waffles served with Sausage Links and Maple Syrup</p> <p>Strawberry Fields Parfait</p> <p>Bagel with Cream Cheese</p>	<p>5</p> <p>Scrambled Eggs with Wheat Toast and Tater Tots</p> <p>Strawberry Banana Parfait</p> <p>Bagel with Cream Cheese</p>
<p>6</p> <p><b>Cinco De Mayo!</b></p> <p>Breakfast Tacos Eggs, Cheese, Scallions, Salsa and Jalapenos</p> <p>Double Berry Parfait</p> <p>Bagel with Cream Cheese</p>	<p>7</p> <p>Warm Apple Frudel</p> <p>Blueberry Patch Parfait</p> <p>Bagel with Cream Cheese</p>	<p>8</p> <p>Sausage, Egg and Cheese sandwich on English Muffin or Egg and Cheese on English Muffin</p> <p>Just Peachy Parfait</p> <p>Bagel with Cream Cheese</p>	<p>9</p> <p>Confetti Pancakes</p> <p>Pumpkin Apple Spice Parfait</p> <p>Bagel with Cream Cheese</p>	<p>10</p> <p>Ham, Egg and Cheese Sandwich on English Muffin Or Egg and Cheese Sandwich on English Muffin</p> <p>Honey Pear Cranberry Parfait</p> <p>Bagel with Cream Cheese</p>	<p>11</p> <p>Buttermilk Pancakes served with Sausage Links and Maple Syrup</p> <p>Strawberry Fields Parfait</p> <p>Bagel with Cream Cheese</p>	<p>12</p> <p>Chicken Biscuit Breakfast Sandwich Or Egg and Cheese Biscuit Sandwich</p> <p>Strawberry Banana Parfait</p> <p>Bagel with Cream Cheese</p>
<p>13</p> <p>Cheesy Scrambled Eggs with Wheat Toast and Tater Tots</p> <p>Double Berry Parfait</p> <p>Bagel with Cream Cheese</p>	<p>14</p> <p>UBR Oatmeal Chocolate Chip Bar</p> <p>Blueberry Patch Parfait</p> <p>Bagel with Cream Cheese</p>	<p>15</p> <p>Sausage, Egg and Cheese Sandwich on English Muffin Or Egg and Cheese Sandwich on English Muffin</p> <p>Strawberry Fields Parfait</p> <p>Bagel with Cream Cheese</p>	<p>16</p> <p>Mini Strawberry Bagels</p> <p>Pumpkin Apple Spice Parfait</p> <p>Bagel with Cream Cheese</p>	<p>17</p> <p>Ham, Egg and Cheese Sandwich on English Muffin Or Egg, and Cheese Sandwich on English Muffin</p> <p>Honey Pear Cranberry Parfait</p> <p>Bagel with Cream Cheese</p>	<p>18</p> <p>French Toast Sticks served with Sausage Links and Maple Syrup</p> <p>Strawberry Fields Parfait</p> <p>Bagel with Cream Cheese</p>	<p>19</p> <p>Breakfast Tacos Eggs, Cheese, Scallions, Salsa and Jalapenos</p> <p>Strawberry Banana Parfait</p> <p>Bagel with Cream Cheese</p>
<p>20</p> <p>Cheesy Scrambled Eggs with Wheat Toast and Tater Tots</p> <p>Double Berry Parfait</p> <p>Bagel with Cream Cheese</p>	<p>21</p> <p>Confetti Pancakes</p> <p>Pumpkin Apple Spice Parfait</p> <p>Bagel with Cream Cheese</p>	<p>22</p> <p>Sausage, Egg and Cheese Sandwich on English Muffin Or Egg and Cheese Sandwich on English Muffin</p> <p>Just Peachy Parfait</p> <p>Bagel with Cream Cheese</p>	<p>23</p> <p>Mini Cinnamon French Toast Bites</p> <p>Blueberry Parfait</p> <p>Bagel with Cream Cheese</p>	<p>24</p> <p>Ham, Egg and Cheese Sandwich on English Muffin Or Egg and Cheese Sandwich on English Muffin</p> <p>Honey Pear Cranberry Parfait</p> <p>Bagel with Cream Cheese</p>	<p>25</p> <p>Whole Grain Waffles served with Sausage Links and Maple Syrup</p> <p>Strawberry Fields Parfait</p> <p>Bagel with Cream Cheese</p>	<p>26</p> <p>Chicken Biscuit Breakfast Sandwich Or Egg and Cheese Biscuit Sandwich</p> <p>Strawberry Banana Parfait</p> <p>Bagel with Cream Cheese</p>
<p>27</p> <p>Cheesy Scrambled Eggs with Wheat Toast and Tater Tots</p> <p>Double Berry Parfait</p> <p>Bagel with Cream Cheese</p>	<p>28</p> <p>Sausage Breakfast Pizza</p> <p>Blueberry Parfait</p> <p>Bagel with Cream Cheese</p>	<p>29</p> <p>Sausage, Egg and Cheese Sandwich on English Muffin Or Egg and Cheese Sandwich on English Muffin</p> <p>Just Peachy Parfait</p> <p>Bagel with Cream Cheese</p>	<p>30</p> <p>Whole Grain Cinnamon Roll</p> <p>Pumpkin Apple Spice Parfait</p> <p>Bagel with Cream Cheese</p>	<p>31</p> <p>Ham, Egg and Cheese Sandwich on English Muffin Or Egg and Cheese Sandwich on English Muffin</p> <p>Honey Pear Cranberry Parfait</p> <p>Bagel with Cream Cheese</p>	<p>32</p> <p>French Toast Sticks served with Sausage Links and Maple Syrup</p> <p>Strawberry Fields Parfait</p> <p>Bagel with Cream Cheese</p>	

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Menu items are subject to change

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# TLC May Lunch Menu

Choice of: Water, 1% White, Skim or Fat Free or Chocolate Milk  
Assorted Fresh/Chilled Fruits Served Daily

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>28</p> <p><b>Choose One</b></p> <p>Chicken Parm Sandwich Eggplant Parm Sandwich Turkey and Cheese Sub Sun butter &amp; Grape Jelly Sandwich</p> <p><b>Sides for All Meals</b> Garden Salad Crinkle Fries Mixed Veggies Cucumber wheels</p>	<p>29</p> <p><b>Choose One</b></p> <p>Cuban Style Sandwich Grilled cheese Sandwich Chicken Salad Sub Sun Butter &amp; Grape Jelly Sandwich</p> <p><b>Sides for All Meals</b> Garden Salad Tater Tots Celery Sticks Baby Carrots Baked Potato Chips</p>	<p>30</p> <p><b>Choose One</b></p> <p>Chicken Bowl (popcorn chicken, mashed potatoes, corn and gravy) w/Dinner Roll Yogurt Bagel Meal (Yogurt Bagel, Cheese Stick) Turkey and Cheese Sandwich Sun Butter &amp; Grape Jelly Sandwich</p> <p><b>Sides for All Meals</b> Garden Salad Mashed Potatoes Steamed Corn Broccoli Florets WG Cookie</p>	<p>1</p> <p><b>Choose One</b></p> <p>Chicken and Cheese Quesadilla W/ Brown Rice Cheese Quesadilla W/ Brown Rice Crispy Chicken Wrap Sun Butter &amp; Grape Jelly Sandwich</p> <p><b>Sides for All Meals</b> Garden Salad Cucumber Slices Celery Sticks Corn and Tomato Salad</p>	<p>2</p> <p><b>Choose One</b></p> <p>Homemade Meatloaf W/ WG Biscuit &amp; Brown Gravy Hummus Wrap Turkey Ham &amp; Cheese Sandwich Sun Butter &amp; Grape Jelly Sandwich</p> <p><b>Sides for All Meals</b> Garden Salad Mashed Potatoes Low Country Green Beans Carrot Sticks</p>	<p>3</p> <p><b>Choose One</b></p> <p>Cheeseburger/Hamburger Veggie Burger Italian Sub Sun Butter &amp; Grape Jelly Sandwich</p> <p><b>Sides for All Meals</b> Garden Salad French Fries Roasted Mushrooms Fresh Summer Squash</p>	<p>4</p> <p><b>Choose One</b></p> <p>Chicken &amp; Broccoli Alfredo W/ Garlic Dinner Roll Alfredo Pasta W/ Garlic Dinner Roll Turkey &amp; Cheese Sub Sun butter &amp; Grape Jelly Sandwich</p> <p><b>Sides for All Meals</b> Spinach Salad W/ Honey Mustard Dressing Grape Tomatoes Roasted Broccoli Zucchini Coins</p>
<p>5</p> <p><b>Cinco De Mayo!</b> <b>Choose One</b></p> <p>Beef Nachos with assorted Toppings Roasted Vegetable Nachos Turkey &amp; Cheddar Flatbread Sandwich Sun butter &amp; Grape Jelly Sandwich</p> <p><b>Sides for All Meals</b> Garden Salad Cilantro Lime Rice Black Beans Tomato, Corn Cilantro Salad</p>	<p>6</p> <p><b>Choose One</b></p> <p>Macaroni &amp; Cheese W/ Dinner Roll American Sub Sandwich Sun Butter &amp; Grape Jelly Sandwich</p> <p><b>Sides for All Meals</b> Garden Salad Celery Sticks Roasted Summer Squash Cherry Tomatoes</p>	<p>7</p> <p><b>Choose One</b></p> <p>BBQ Pulled Pork Sandwich Roasted Veggie Sandwich Turkey and Cheese Sandwich Sun Butter &amp; Grape Jelly Sandwich</p> <p><b>Sides for All Meals</b> Garden Salad Vegetarian Baked Bean Baked French Fries Baby Carrots</p>	<p>8</p> <p><b>Choose One</b></p> <p>Cheese Pizza or Pepperoni Pizza Buffalo Chicken Wrap Sun Butter &amp; Grape Jelly Sandwich</p> <p><b>Sides for All Meals</b> Garden Salad Cucumber Wheels Basil, Corn Salad Celery Sticks Baked Potato Chips</p>	<p>9</p> <p><b>Choose One</b></p> <p>Breaded Chicken Drumstick W/ Cornbread Hummus Wrap Ham and Cheese Sub Sun butter &amp; Grape Jelly Sandwich</p> <p><b>Sides for All Meals</b> Garden Salad Mashed Potatoes Steamed Corn Zucchini Coins</p>	<p>10</p> <p><b>Choose One</b></p> <p>Orange Chicken W/ Fried Rice Vegan Orange Chicken W/ Fried Rice Italian Sub Sun Butter &amp; Grape Jelly Sandwich</p> <p><b>Sides for All Meals</b> Garden Salad Broccoli Lime Salad Roasted Sesame Carrots Pepper Strips WG Cookie</p>	<p>11</p> <p><b>Choose One</b></p> <p>Shaved Steak Sandwich Roasted Vegetable Sandwich Turkey &amp; Cheddar Flatbread Sandwich Sun butter &amp; Grape Jelly Sandwich</p> <p><b>Sides for All Meals</b> Garden Salad French Fries Mixed Garden Vegetables Zucchini Coins</p>
<p>12</p> <p><b>Choose One</b></p> <p>Roasted Turkey Dinner W/ Buttermilk Biscuit Hummus Wrap Chicken Caesar Wrap Sun butter &amp; Grape Jelly Sandwich</p> <p><b>Sides for All Meals</b> Garden Salad Roasted Butternut Squash Mashed Potatoes Corn Sugar Cookie</p>	<p>13</p> <p><b>Choose One</b></p> <p>Chicken and Cheese or Cheese Nachos W/ assorted Toppings BBQ Chicken Sandwich Sun butter &amp; Grape Jelly Sandwich</p> <p><b>Sides for All Meals</b> Garden Salad Black Beans Tomato, Corn and Cilantro Salad Celery Sticks</p>	<p>14</p> <p><b>Choose One</b></p> <p>Carved Ham served with Dinner Roll Roasted Vegetable Sub Turkey and Cheese Sandwich Sun butter &amp; Grape Jelly Sandwich</p> <p><b>Sides for All Meals</b> Garden Salad Mashed Sweet Potato Baby Carrots Roasted Broccoli</p>	<p>15</p> <p><b>Choose One</b></p> <p>Baked Penne Pasta W/ Garlic Bread Hummus Box Ham and Cheese Wrap Sun butter &amp; Grape Jelly Sandwich</p> <p><b>Sides for All Meals</b> Garden salad Pepper Strips Green Peas WG Cookie</p>	<p>16</p> <p><b>Choose One</b></p> <p>Burrito Bowl w/ Beef or w/ Vegan Crumbles Grilled Cheese Sandwich Turkey and Cheese Sub Sun Butter &amp; Grape Jelly Sandwich</p> <p><b>Sides for All Meals</b> Garden Salad Grape Tomatoes Corn Brown Rice</p>	<p>17</p> <p><b>Choose One</b></p> <p>Baked Potato Bar- Top With Chili or Broccoli and Cheese served w/ Dinner roll Italian Sub Sun butter &amp; Grape Jelly Sandwich</p> <p><b>Sides for All Meals</b> Garden Salad Cucumber Coins Celery Sticks Baby Carrots</p>	<p>18</p> <p><b>Choose One</b></p> <p>Meatball Parmesan Sub Vegan Meatball Sub Ham and Cheese Sub Sun butter &amp; Grape Jelly Sandwich</p> <p><b>Sides for All Meals</b> Garden Salad Tater Tots Cherry Tomatoes Italian mix vegetable Desert Rice Krispie Treats</p>
<p>19</p> <p><b>Choose One</b></p> <p>Crispy Chicken Drumstick w/ biscuit Yogurt Bento Box American Sub Sun butter &amp; Grape Jelly Sandwich</p> <p><b>Sides for All Meals</b> Garden salad Mashed Potato Homestyle Baked Beans Roasted Carrots</p>	<p>20</p> <p><b>Choose One</b></p> <p>Grilled Chicken Sandwich W/ Cheese and Bacon Vegan Nuggets Chicken Caesar Wrap Sun Butter &amp; Grape Jelly Sandwich</p> <p><b>Sides for All Meals</b> Garden Salad Baked French Fries Baby Carrots Broccoli Florets</p>	<p>21</p> <p><b>Choose One</b></p> <p>Chicken Parmesan Sandwich Vegetarian Burger Turkey and Cheese Sandwich Sun Butter &amp; Grape Jelly Sandwich</p> <p><b>Sides for All Meals</b> Garden Salad Cucumber Slices Roasted Garbanzo Beans Summer Squash Baked Potato Chips</p>	<p>22</p> <p><b>Choose One</b></p> <p>Buffalo Chicken Dip Spinach Artichoke Dip Served W/ Tortilla Chips Crispy Chicken Wrap Sun Butter &amp; Grape Jelly Sandwich</p> <p><b>Sides for All Meals</b> Garden Salad Carrot Sticks Celery Sticks Zucchini Coins WG Cookie</p>	<p>23</p> <p><b>Choose One</b></p> <p>Pulled Pork Nachos Cheese Nachos Ham &amp; Cheese Sub Sun Butter &amp; Grape Jelly Sandwich</p> <p><b>Sides for All Meals</b> Garden Salad Carolina Slaw Baked Beans Cucumber wheels</p>	<p>24</p> <p><b>Choose One</b></p> <p>Popcorn Chicken Bowl (Mashed Potato, Corn &amp; Gravy) W/ Biscuit Vegan Nugget Bowl Italian Sub Sun Butter &amp; Grape Jelly Sandwich</p> <p><b>Sides for All Meals</b> Garden Salad Cucumber Slices Mashed Potato Corn</p>	<p>25</p> <p><b>Choose One</b></p> <p>Chicken Caesar Salad Hummus Bento Box American Sub Sun butter &amp; Grape Jelly Sandwich</p> <p><b>Sides for All Meals</b> Garden salad Tater Tots Italian mixed vegetables Broccoli Florets</p>
<p>26</p> <p><b>Choose One</b></p> <p>Teriyaki Chicken Lo Mein Vegetable Lo Mein American Sub Sun butter &amp; Grape Jelly Sandwich</p> <p><b>Sides for All Meals</b> Garden salad Citrus Glazed Carrots Roasted Broccoli Pepper Strips</p>	<p>27</p> <p><b>Choose One</b></p> <p>Chicken Tenders W/ Dinner Roll Vegan Nuggets W/ Dinner Roll American Sub Sun butter &amp; Grape Jelly Sandwich</p> <p><b>Sides for All Meals</b> Garden salad Sweet Potato Fries Celery Sticks Cherry Tomatoes</p>	<p>28</p> <p><b>Choose One</b></p> <p>Corn Dog Veggie Burger Turkey and Cheese Sub Sun butter &amp; Grape Jelly Sandwich</p> <p><b>Sides for All Meals</b> Garden salad Homestyle Baked Beans Cucumber Coins Basil, Corn Salad Baked Potato Chips</p>	<p>29</p> <p><b>Choose One</b></p> <p>Shepard Pie w/ biscuit Hummus Wrap Chicken Caesar Wrap Sun butter &amp; Grape Jelly Sandwich</p> <p><b>Sides for All Meals</b> Garden salad Celery Sticks Zucchini Coins Roasted Carrots WG Cookie</p>	<p>30</p> <p><b>Choose One</b></p> <p>Chicken Enchilada Cheese Enchilada American Sub Sun butter &amp; Grape Jelly Sandwich</p> <p><b>Sides for All Meals</b> Garden salad Brown Rice Black Beans Elote Corn</p>	<p>31</p> <p><b>Choose One</b></p> <p>Fish Stick Basket W/ French Fries &amp; Dinner Roll Roasted Vegetable Sub Italian Sub Sun butter &amp; Grape Jelly Sandwich</p> <p><b>Sides for All Meals</b> Garden salad French Fries Coleslaw Mixed Garden Vegetables</p>	

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