

EZ Menus Planned for Week of 04/28/2024 thru 05/04/2024

Family Resources, Inc.

April 28, 2024	April 29, 2024	April 30, 2024	May 01, 2024	May 02, 2024	May 03, 2024	May 04, 2024
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast						
X - Cheerios (WG)(045) Bananas-C (004) Whole, 1%, or (1)	X - Toast - W (WG)(265) Peaches-AC (028) Whole, 1%, or (1)	X - Oatmeal S (WG)(246) Oranges-C (026) Whole, 1%, or (1)	X - Bagels - (WG)(223) Fruit Cocktai (015) Whole, 1%, or (1)	X - Oatmeal-W (WG)(047) Mixed Fresh F (100) Whole, 1%, or (1)	X - Waffles - (WG)(262) Applesauce (002) Whole, 1%, or (1)	X - Oatmeal-W (WG)(047) Bananas-C (004) Whole, 1%, or (1)
AM Snack						
X - Goldfish (WG)(257) Peaches-AC (028)	X - Ritz Crac (WG)(243) Grapes (018)	X - Bagels - (WG)(223) Bananas-C (004)	X - Goldfish (WG)(257) Cantaloupe-AC (008)	Animal Cracke (054) Whole, 1%, or (1)	X - Rice Cake (WG)(102) Mixed Fresh F (100)	X - Wheat Thi (WG)(256) Fruit Cocktai (015)
Lunch						
Beef Kielbasa (004) X - Wheat Bre (WG)(083) Peas-AC (185) Mashed Potato (234) Whole, 1%, or (1)	Chicken Frank (028) X - Wheat Bre (WG)(083) Peas-AC (185) Sweet Potato (240) Whole, 1%, or (1)	Pork Chops / (053) X - Wheat Bre (WG)(083) Broccoli-AC (158) Potato Wedges (280) Whole, 1%, or (1)	Turkey Meatba (072) X - Noodles-P (WG)(260) Tomato Sauce- (248) Peppers, Gree (262) Whole, 1%, or (1)	Cheeseburger (062) Hamburger Bun (018) French Fries- (231) Watermelon-AC (041) Whole, 1%, or (1)	Turkey Meatba (072) X - Noodles-P (WG)(260) Tomatoes, Fre (250) Garden Salad (243) Whole, 1%, or (1)	Spare Ribs (061) X - Brown Ric (WG)(100) Corn-C (168) Green Beans-C (172) Whole, 1%, or (1)
PM Snack						
Peanut Butter (140) X - Wheat Bre (WG)(083) Whole, 1%, or (1)	X - Sunchips (WG)(041) Fruit Cocktai (015)	Yogurt (150) Strawberries (038)	X - Ritz Crac (WG)(243) Peaches-AC (028)	X - CheezIts (WG)(266) Apples-C (001)	Pumpkin Bread (134) Whole, 1%, or (1)	Peanut Butter (140) X - Whole Gra (WG)(138) Bananas-C (004)
Dinner						
Beef Kielbasa (004) X - Brown Ric (WG)(100) Sweet Potato/ (241) Green Beans-C (172) Whole, 1%, or (1)	Chicken (025) X - Brown Ric (WG)(100) Broccoli-AC (158) Mixed Fresh F (100) Whole, 1%, or (1)	Pork Chops / (053) X - Brown Ric (WG)(100) Corn-C (168) Applesauce (002) Whole, 1%, or (1)	Turkey Meatba (072) X - Brown Ric (WG)(100) Garden Salad (243) Tomato Sauce- (248) Whole, 1%, or (1)	Beef Lunchmea (082) X - Wheat Bre (WG)(083) Baked Beans (213) Watermelon-AC (041) Whole, 1%, or (1)	Turkey Meatba (072) X - Whole Gra (WG)(138) Peppers, Gree (262) Tomato Sauce- (248) Whole, 1%, or (1)	Turkey & Chee (048) X - Wheat Bre (WG)(083) Spinach-AC (205) Peaches-AC (028) Whole, 1%, or (1)
Evening Snack						
X - English M (WG)(258) Mixed Fresh F (100)	X - Toast - W (WG)(265) Pears-C (030)	Graham Cracke (081) Whole, 1%, or (1)	X - Wheat Thi (WG)(256) Mixed Fresh F (100)	Cheese (087) X - Crackers (WG)(035)	X - Cheerios (WG)(045) Whole, 1%, or (1)	X - Goldfish (WG)(257) Applesauce (002)

EZ Menus Planned for Week of 05/05/2024 thru 05/11/2024

Family Resources, Inc.

May 05, 2024	May 06, 2024	May 07, 2024	May 08, 2024	May 09, 2024	May 10, 2024	May 11, 2024
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast						
X - Chex-Whea (WG)(063) Honeydew Melo (020) Whole, 1%, or (1)	X - Toast - W (WG)(265) Fruit Cocktai (015) Whole, 1%, or (1)	X - Chex-Whea (WG)(063) Fruit Salad (016) Whole, 1%, or (1)	X - Waffles - (WG)(262) Fruit Cocktai (015) Whole, 1%, or (1)	X - Pancakes (WG)(261) Applesauce (002) Whole, 1%, or (1)	X - Toast - W (WG)(265) Cantaloupe-AC (008) Whole, 1%, or (1)	X - Cream of (WG)(044) Mandarin Oran (023) Whole, 1%, or (1)
AM Snack						
X - Rice Cake (WG)(102) Mixed Fresh F (100)	Peanut Butter (140) X - Wheat Bre (WG)(083) Whole, 1%, or (1)	Cheddar Chees (086) X - Crackers (WG)(035)	X - Wheat Thi (WG)(256) Bananas-C (004)	Bagel Chips (240) Pears-C (030)	Colby Cheese (088) X - Crackers (WG)(035) Pears-C (030)	Peanut Butter (140) X - Whole Gra (WG)(138) Bananas-C (004)
Lunch						
Salisbury Ste (017) X - Brown Ric (WG)(100) Carrots-AC (163) Fruit Cocktai (015) Whole, 1%, or (1)	Beef Ground (003) X - Noodles-P (WG)(260) Tomato Sauce- (248) Garden Salad (243) Whole, 1%, or (1)	Chicken Breas (027) X - Brown Ric (WG)(100) Spinach-AC (205) Pineapple-C (031) Whole, 1%, or (1)	Tuna (046) X - Wheat Bre (WG)(083) Lettuce, Roma (264) Honeydew Melo (020) Whole, 1%, or (1)	Beef Stew Mea (081) X - Wheat Bre (WG)(083) Carrots-AC (163) Mashed Potato (234) Whole, 1%, or (1)	Pork Chops / (053) X - Wheat Bre (WG)(083) Peas-AC (185) Peaches-AC (028) Whole, 1%, or (1)	Ham (051) X - Brown Ric (WG)(100) Butternut Squ (161) Mixed Fresh F (100) Whole, 1%, or (1)
PM Snack						
X - Crackers (WG)(035) Oranges-C (026)	X - Ritz Crac (WG)(243) Applesauce (002)	Corn Dog (012) Breeding (003) Pears-C (030)	Animal Cracke (054) Whole, 1%, or (1)	X - Ritz Crac (WG)(243) Peaches-AC (028)	X - Kix - WGR (WG)(137) Whole, 1%, or (1)	X - Ritz Crac (WG)(243) Cucumbers-C (170)
Dinner						
Salisbury Ste (017) X - Wheat Bre (WG)(083) Peas-AC (185) Peaches-AC (028) Whole, 1%, or (1)	Beef Ground (003) X - Whole Gra (WG)(138) Pinto Beans (224) Lettuce, Roma (264) Whole, 1%, or (1)	Chicken Breas (027) X - Whole Gra (WG)(138) Peppers, Gree (262) Bananas-C (004) Whole, 1%, or (1)	Tuna (046) X - Noodles-P (WG)(260) Peas-AC (185) Cantaloupe-AC (008) Whole, 1%, or (1)	Beef Stew Mea (081) X - Whole Gra (WG)(138) Peas and Carr (186) Bananas-C (004) Whole, 1%, or (1)	Pork Chops / (053) X - Brown Ric (WG)(100) Broccoli-AC (158) Applesauce (002) Whole, 1%, or (1)	Ham (051) X - Wheat Bre (WG)(083) Sweet Potato/ (241) Pineapple-C (031) Whole, 1%, or (1)
Evening Snack						
X - Waffles - (WG)(262) Strawberries (038)	Yogurt (150) X - Granola - (WG)(252)	Hummus (123) X - Pretzels (WG)(263)	X - Cheerios (WG)(045) Whole, 1%, or (1)	X - Sunchips (WG)(041) Raisins (034)	Yogurt (150) Strawberries (038)	X - Cheerios (WG)(045) Whole, 1%, or (1)

EZ Menus Planned for Week of 05/12/2024 thru 05/18/2024

Family Resources, Inc.

May 12, 2024	May 13, 2024	May 14, 2024	May 15, 2024	May 16, 2024	May 17, 2024	May 18, 2024
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast						
X - Kix - WGR (WG)(137) Oranges-C (026) Whole, 1%, or (1)	X - English M (WG)(258) Honeydew Melo (020) Whole, 1%, or (1)	X - Toast - W (WG)(265) Pears-C (030) Whole, 1%, or (1)	Pork Sausage (112) X - Toast - W (WG)(265) Oranges-C (026) Whole, 1%, or (1)	Chex-Blueberr (241) Pears-C (030) Whole, 1%, or (1)	X - Pancakes (WG)(261) Bananas-C (004) Whole, 1%, or (1)	X - Kix - WGR (WG)(137) Fruit Salad (016) Whole, 1%, or (1)
AM Snack						
Cheddar Chees (086) X - Bagels - (WG)(223)	X - Goldfish (WG)(257) Fruit Salad (016)	Muffins/Quick (237) Whole, 1%, or (1)	X - Oatmeal S (WG)(246) Whole, 1%, or (1)	Cheddar Chees (086) Bagel (001) Apples-C (001)	Yogurt (150) Pretzel (Hard (028) Peaches-AC (028)	X - Sunchips (WG)(041) Raisins (034)
Lunch						
Steak (018) X - Wheat Bre (WG)(083) Mashed Potato (234) Carrots-AC (163) Whole, 1%, or (1)	Beef Kielbasa (004) X - Wheat Bre (WG)(083) Cabbage-C (162) Fruit Cocktai (015) Whole, 1%, or (1)	Cod (041) X - Brown Ric (WG)(100) Broccoli-AC (158) Applesauce (002) Whole, 1%, or (1)	Roast Beef (016) X - Wheat Bre (WG)(083) Mashed Potato (234) Carrots-AC (163) Whole, 1%, or (1)	Beef Ground (003) X - Noodles-P (WG)(260) Tomato Sauce- (248) Garden Salad (243) Whole, 1%, or (1)	Egg-Whole (135) X - Toast - W (WG)(265) Peppers, Gree (262) Pears-C (030) Whole, 1%, or (1)	Beef Meatball (007) X - Brown Ric (WG)(100) Carrots-AC (163) Honeydew Melo (020) Whole, 1%, or (1)
PM Snack						
P B & Cheese (142) X - Toast - W (WG)(265)	X - Rice Cake (WG)(102) Mixed Fresh F (100)	X - Sunchips (WG)(041) Mixed Fresh F (100)	X - CheezIts (WG)(266) Fruit Cocktai (015)	Peanut Butter (140) X - Wheat Bre (WG)(083) Whole, 1%, or (1)	X - Pretzels (WG)(263) Applesauce (002)	Peanut Butter (140) X - Whole Gra (WG)(138) Bananas-C (004)
Dinner						
Steak (018) X - Whole Gra (WG)(138) Peppers, Gree (262) Fruit Salad (016) Whole, 1%, or (1)	Beef Kielbasa (004) X - Brown Ric (WG)(100) Broccoli-AC (158) Applesauce (002) Whole, 1%, or (1)	Cod (041) X - Wheat Bre (WG)(083) Peas-AC (185) Fruit Cocktai (015) Whole, 1%, or (1)	Roast Beef (016) X - Brown Ric (WG)(100) Plantain (Gre (200) Black Beans (214) Whole, 1%, or (1)	Beef Ground (003) X - Brown Ric (WG)(100) Turnip Greens (210) Fruit Cocktai (015) Whole, 1%, or (1)	Egg-Whole (135) X - Whole Gra (WG)(138) Peas-AC (185) Strawberries (038) Whole, 1%, or (1)	Salisbury Ste (017) X - Wheat Bre (WG)(083) Carrots-AC (163) Fruit Cocktai (015) Whole, 1%, or (1)
Evening Snack						
X - Rice Cake (WG)(102) Apples-C (001)	X - Toast - W (WG)(265) Cantaloupe-AC (008)	Colby Cheese (088) X - Crackers (WG)(035)	X - Waffles - (WG)(262) Applesauce (002)	X - CheezIts (WG)(266) Oranges-C (026)	String Cheese (107) X - Crackers (WG)(035)	X - Wheat Thi (WG)(256) Mandarin Oran (023)

EZ Menus Planned for Week of 05/19/2024 thru 05/25/2024

Family Resources, Inc.

May 19, 2024	May 20, 2024	May 21, 2024	May 22, 2024	May 23, 2024	May 24, 2024	May 25, 2024
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast						
X - Cheerios (WG)(045) Bananas-C (004) Whole, 1%, or (1)	X - Toast - W (WG)(265) Peaches-AC (028) Whole, 1%, or (1)	Egg-Whole (135) Grits (046) Hash Browns-C (232) Whole, 1%, or (1)	X - Cheerios (WG)(045) Peaches-AC (028) Whole, 1%, or (1)	X - Cream of (WG)(044) Blueberries-C (006) Whole, 1%, or (1)	X - Bagels - (WG)(223) Oranges-C (026) Whole, 1%, or (1)	Ham (051) X - Toast - W (WG)(265) Hash Browns-C (232) Whole, 1%, or (1)
AM Snack						
X - Goldfish (WG)(257) Pears-C (030)	Cheddar Chees (086) X - Ritz Crac (WG)(243)	X - Bagels - (WG)(223) Mandarin Oran (023)	Peanut Butter (140) X - Toast - W (WG)(265) Mandarin Oran (023)	Pumpkin Bread (134) Whole, 1%, or (1)	X - Ritz Crac (WG)(243) Pears-C (030)	X - Goldfish (WG)(257) Mixed Fresh F (100)
Lunch						
Turkey Lunchm (071) X - Wheat Bre (WG)(083) Peas-AC (185) Honeydew Melo (020) Whole, 1%, or (1)	Chicken (025) X - Wheat Bre (WG)(083) Peas-AC (185) Mandarin Oran (023) Whole, 1%, or (1)	Pork Chops / (053) X - Wheat Bre (WG)(083) Broccoli-AC (158) Potato Wedges (280) Whole, 1%, or (1)	Catfish (040) X - Brown Ric (WG)(100) Mixed Vegetab (177) Cole Slaw (166) Whole, 1%, or (1)	Beef Ground (003) X - Whole Gra (WG)(138) Lettuce / Gre (270) Tomatoes, Fre (250) Whole, 1%, or (1)	Cubed Steak (014) X - Wheat Bre (WG)(083) Zucchini-AC (212) Mashed Potato (234) Whole, 1%, or (1)	Salmon (075) X - Wheat Bre (WG)(083) Peas-AC (185) Potato Wedges (280) Whole, 1%, or (1)
PM Snack						
Peanut Butter (140) X - Wheat Bre (WG)(083) Whole, 1%, or (1)	X - Sunchips (WG)(041) Fruit Cocktai (015)	Yogurt (150) Strawberries (038)	Egg-Whole (135) X - Waffles - (WG)(262)	X - Wheat Thi (WG)(256) Cantaloupe-AC (008)	X - Kix - Ber (WG)(135) Whole, 1%, or (1)	Peanut Butter (140) X - Whole Gra (WG)(138) Bananas-C (004)
Dinner						
Beef Franks (002) Hot Dog Buns (020) Sweet Potato/ (241) Peaches-AC (028) Whole, 1%, or (1)	Chicken (025) X - Brown Ric (WG)(100) Green Beans-C (172) Blackberries- (005) Whole, 1%, or (1)	Pork Chops / (053) X - Brown Ric (WG)(100) Corn-C (168) Applesauce (002) Whole, 1%, or (1)	Talapia (045) X - Wheat Bre (WG)(083) Green Beans-C (172) Fruit Salad (016) Whole, 1%, or (1)	Beef Ground (003) X - Noodles-P (WG)(260) Tomato Sauce- (248) Garden Salad (243) Whole, 1%, or (1)	Cubed Steak (014) X - Brown Ric (WG)(100) Broccoli-AC (158) Mandarin Oran (023) Whole, 1%, or (1)	Salmon (075) X - Brown Ric (WG)(100) Broccoli-AC (158) Mandarin Oran (023) Whole, 1%, or (1)
Evening Snack						
X - English M (WG)(258) Mixed Fresh F (100)	X - English M (WG)(258) Tangerines-AC (040)	X - Pretzels (WG)(263) Mixed Fresh F (100)	Cheddar Chees (086) X - Crackers (WG)(035)	X - Life Orig (WG)(244) Whole, 1%, or (1)	X - Pretzels (WG)(263) Grapes (018)	String Cheese (107) X - Crackers (WG)(035)

EZ Menus Planned for Week of 05/26/2024 thru 06/01/2024

Family Resources, Inc.

May 26, 2024	May 27, 2024	May 28, 2024	May 29, 2024	May 30, 2024	May 31, 2024	June 01, 2024
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast						
X - Oatmeal-W (WG)(047) Bananas-C (004) Whole, 1%, or (1)	X - Cheerios (WG)(045) Pears-C (030) Whole, 1%, or (1)	X - Oatmeal-W (WG)(047) Apples-C (001) Whole, 1%, or (1)	X - Toast - W (WG)(265) Mandarin Oran (023) Whole, 1%, or (1)	Egg-Whole (135) Applesauce (002) Whole, 1%, or (1)	Grits (046) Pineapple-C (031) Whole, 1%, or (1)	
AM Snack						
X - Rice Cake (WG)(102) Applesauce (002)	Peanut Butter (140) X - Whole Gra (WG)(138) Bananas-C (004) Whole, 1%, or (1)	Bagel (001) Fruit Cocktai (015)	Yogurt (150) Flat Bread (015) Fruit Salad (016)	Cheese (087) X - Crackers (WG)(035) Bananas-C (004)	String Cheese (107) X - Rice Cake (WG)(102) Fruit Salad (016)	
Lunch						
Roast Beef (016) X - Brown Ric (WG)(100) Peas and Carr (186) Cucumbers-C (170) Whole, 1%, or (1)	Cheeseburger (062) Hamburger Bun (018) Corn-C (168) Watermelon-AC (041) Whole, 1%, or (1)	Beef Ground (003) X - Whole Gra (WG)(138) Garden Salad (243) Kidney / Red (261) Whole, 1%, or (1)	Turkey Breast (065) X - Wheat Bre (WG)(083) Mixed Vegetab (177) Sweet Potato/ (241) Whole, 1%, or (1)	Ham (051) X - Brown Ric (WG)(100) Peas and Carr (186) Fruit Salad (016) Whole, 1%, or (1)	Turkey Ground (067) X - Whole Gra (WG)(138) Mashed Potato (234) Peas-AC (185) Whole, 1%, or (1)	
PM Snack						
X - CheezIts (WG)(266) Pears-C (030)	Yogurt (150) Rolls (031) Apples-C (001)	American Chee (085) X - Toast - W (WG)(265) Bananas-C (004) Whole, 1%, or (1)	English Muffi (013) Bananas-C (004)	Tuna (046) X - Sunchips (WG)(041) Applesauce (002)	String Cheese (107) Raisin Bread (123) Whole, 1%, or (1)	
Dinner						
Roast Beef (016) X - Brown Ric (WG)(100) Cauliflower-C (164) Honeydew Melo (020) Whole, 1%, or (1)	Chicken Breas (027) X - Wheat Bre (WG)(083) Green Beans-C (172) Strawberries (038) Whole, 1%, or (1)	Beef Ground (003) X - Whole Gra (WG)(138) Refried Beans (227) Lettuce, Roma (264) Whole, 1%, or (1)	Turkey Breast (065) Egg Noodles (071) Cucumbers-C (170) Carrots-AC (163) Whole, 1%, or (1)	Ham (051) X - Brown Ric (WG)(100) Peas-AC (185) Fruit Cocktai (015) Whole, 1%, or (1)	Turkey Ground (067) X - Wheat Bre (WG)(083) Garden Salad (243) Tomatoes, Fre (250) Whole, 1%, or (1)	
Evening Snack						
X - Waffles - (WG)(262) Applesauce (002)	String Cheese (107) X - Pretzels (WG)(263) Pears-C (030)	X - Ritz Crac (WG)(243) Oranges-C (026)	Peanut Butter (140) X - Wheat Bre (WG)(083) Grapes (018)	X - Pancakes (WG)(261) Apples-C (001) Whole, 1%, or (1)	String Cheese (107) Apples-C (001)	