

**Palm Beach County Food Bank**  
**AFTERSCHOOL MEALS HOT SUPPER**  
**MAY MENU**



**Milk: Ages 2-5 serve 1%/0% Unflavored**

**Ages 6-18 serve 1%/0% Unflavored or Flavored**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER ESTA INSTITUCION ES UN PROVEEDOR QUE OFRECE IGUALDAD DE OPORTUNIDADES				1-Black Bean, Cheese and Salsa Casserole (1c) In entree:Black Beans (2oz) Cheese (1oz), Salsa (2oz) Sweet Potato (1/4c) Brown Rice (1/2c) On the side: Corn (1/2c) Milk (8oz)
4-WG Breaded Chicken Patty (3oz) on WGR Bun (1) Oven Potato Fries or Tater Tots (1/2c) Steamed Carrots (1/4c) Honey Mustard or BBQ Sauce (1) Ketchup (1) Milk (8oz)	5-Cheese Manicotti Pasta with Marinara Sauce (2 pieces) Green Beans (1/2c) Fresh Fruit (1) or Fruit Cup (4oz) Milk (8oz)	6-Beef and Cheese Burrito (5oz) Black Beans (1/2c) Corn (1/4c) Tortilla in entrée (1) Milk (8oz)	7-WG Breaded Chicken Cutlet with Marinara and Mozzarella Cheese (2.5oz) Mashed Potato (1/2c) Mixed Vegetables (1/4c) Milk (8oz)	8-Taco Seasoned Beef or Chicken (2.5oz) Seasoned Black Beans (1/2c) Steamed Corn (1/4c) Seasoned Rice (1/2c) Milk (8oz)
11-Beefaroni Pasta (3/4c) Steamed Green Beans(1/2c) Fresh Fruit (1) or Fruit Cup (4oz) WGR Pasta in Entrée (1/2c) Milk (8oz)	12-WG Breaded Chicken Tenders (3) Oven Potato Fries or Tater Tots (1/2c) Steamed Carrots (1/4c) Honey Mustard or BBQ Sauce (1) Ketchup (1) Milk (8oz)	13- Hamburger (3oz) Steamed Corn (1/2c) Fresh Fruit (1) or Fruit Cup (4oz) WGR Bun (1) Ketchup (1) Milk (8oz)	14-Sweet & Sour Chicken (1c) Mixed Vegetables (1/2c) Fresh Fruit (1) or Fruit Cup (4oz) Brown Rice in entree (1/2c) Milk (8oz)	15-Beef Meatloaf (3oz) Mashed Potato (1/2c) Steamed Peas (1/4c) WGR Roll (1) Butter or Margarine (1) Milk (8oz)
18-Macaroni and Cheese (3/4c) Steamed Green Beans(1/2c) Fresh Fruit (1) or Fruit Cup (4oz) WGR Pasta in Entrée (1/2c) Milk (8oz)	19-BBQ Chicken (2oz) Cornbread (1.2oz) Steamed Carrots (1/2c) Fresh Fruit (1) or Fruit Cup (4oz) Milk (8oz)	20-Beef/Chicken Meatballs (4) Mashed Potato (1/2c) Steamed Peas (1/4c) WGR Roll (1) Butter or Margarine (1) Milk (8oz)	21-WG Breaded Mini Beef Corndogs (6) Mixed Vegetables (1/2c) Fresh Fruit (1) or Fruit Cup (4oz) Ketchup (1) Milk (8oz)	22-Black Bean, Cheese and Salsa Casserole (1c) In entree:Black Beans (2oz) Cheese (1oz), Salsa (2oz) Sweet Potato (1/4c) Brown Rice (1/2c) On the side: Corn (1/2c) Milk (8oz)
25-CLOSED	26-Cheese Manicotti Pasta with Marinara Sauce (2 pieces) Green Beans (1/2c) Fresh Fruit (1) or Fruit Cup (4oz) Milk (8oz)	27-Beef and Cheese Burrito (5oz) Black Beans (1/2c) Corn (1/4c) Tortilla in entrée (1) Milk (8oz)	28-WG Breaded Chicken Cutlet with Marinara and Mozzarella Cheese (2.5oz) Mashed Potato (1/2c) Mixed Vegetables (1/4c) Milk (8oz)	29-Taco Seasoned Beef or Chicken (2.5oz) Seasoned Black Beans (1/2c) Steamed Corn (1/4c) Seasoned Rice (1/2c) Milk (8oz)



**Palm Beach County Food Bank**  
**AFTERSCHOOL MEALS SNACK**  
**MAY MENU**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER ESTA INSTITUCION ES UN PROVEEDOR QUE OFRECE IGUALDAD DE OPORTUNIDADES				1-100% Juice (3/4c) WGR Tortilla Chips (1oz)
4-100% Juice (3/4c) WGR Sun Chips (1oz)	5-100% Juice (3/4c) WGR Cheddar Goldfish (.75oz)	6- Fresh Fruit (1) WGR Veggie Crackers (1oz)	7-Cheese Stick (1oz) WGR Cheetos (1oz)	8-100% Juice (3/4c) WGR Graham or Animal Crackers (1oz)
11-100% Juice (3/4c) WGR Cheddar Goldfish (.75oz)	12-100% Juice (3/4c) WGR Tortilla Chips (1oz)	13-Fresh Fruit (1) WGR Cheetos (1oz)	14-Cheese Stick (1oz) WGR Pretzels (.8oz)	15-100% Juice (3/4c) WGR Veggie Crackers (1oz)
18-100% Juice (3/4c) WGR Graham or Animal Crackers (1oz)	19-100% Juice (3/4c) WGR Cheetos (1oz)	20-Fresh Fruit (1) WGR Cheddar Goldfish (.75oz)	21-Cheese Stick (1oz) WGR Veggie Crackers (1oz)	22-100% Juice (3/4c) WGR Tortilla Chips (1oz)
25-CLOSED	26-100% Juice (3/4c) WGR Cheddar Goldfish (.75oz)	27- Fresh Fruit (1) WGR Veggie Crackers (1oz)	28-Cheese Stick (1oz) WGR Cheetos (1oz)	29-100% Juice (3/4c) WGR Graham or Animal Crackers (1oz)



**Palm Beach County Food Bank**  
**AFTERSCHOOL MEALS COLD SUPPER**  
**MAY MENU**



**Milk: Ages 2-5 serve 1%/0% Unflavored**  
**Ages 6-18 serve 1%/0% Unflavored or Flavored**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER ESTA INSTITUCION ES UN PROVEEDOR QUE OFRECE IGUALDAD DE OPORTUNIDADES				1-Egg Salad (3oz) WGR Bread (2) Pickle (1/2 C) Lettuce Leaf (¼ c) Milk (8oz)
4-Tuna Salad (3oz) Carrot Sticks (1/4c) Celery Sticks (1/4c) Dressing/Dip Fresh Fruit (1) or Fruit Cup (4oz) WGR Veggie Crackers (1oz) Milk (8oz)	5-Turkey & Cheese (3oz) Mayonnaise & Mustard Packet (1) Potato Salad(1/2c) Fresh Fruit (1) or Fruit Cup (4oz) WGR Bread (2) Milk (8oz)	6-Mediterranean Salad of Garbanzo Beans 2oz and Feta (.5 oz) Mixed Greens (1 c) Tomato & Cucumber (¼ c) Italian Dressing (1) WGR Croutons (.8-1 oz) Milk (8oz)	7-Turkey & Cheese (3oz) Mayonnaise & Mustard Packet (1) Coleslaw (1/2c) Fresh Fruit (1) or Fruit Cup (4oz) WGR Bun (1) Milk (8oz)	8-Hummus (2.5oz) WGR Bread (2) Pickle (1/2 C) Lettuce Leaf (¼ c) Milk (8oz)
11-Chicken Salad (3oz) Carrot Sticks (1/4c) Celery Sticks (1/4c) Dressing/Dip Fresh Fruit (1) or Fruit Cup (4oz) WGR Veggie Crackers (1oz) Milk (8oz)	12-Turkey & Cheese (3oz) Mayonnaise & Mustard Packet (1) Potato Salad(1/2c) Fresh Fruit (1) or Fruit Cup (4oz) WGR Bread (2) Milk (8oz)	13-Taco Salad with Black Beans 2oz and Cheese (.5 oz) Mixed Greens (1 c) Corn & Tomato (1/2 c) Ranch Dressing (1) WGR Tortilla Strips (.75oz) Milk (8oz)	14-Turkey & Cheese (3oz) Mayonnaise & Mustard Packet (1) Coleslaw (1/2c) Fresh Fruit (1) or Fruit Cup (4oz) WGR Bun (1) Milk (8oz)	15-Tuna Salad (2.5 oz) and Cheese (.5oz) WGR Bread (2) Pickle (1/2 C) Lettuce Leaf (¼ c) Milk (8oz)
18-Hummus (2.5oz) Carrot Sticks (1/4c) Celery Sticks (1/4c) Dressing/Dip Fresh Fruit (1) or Fruit Cup (4oz) WGR Veggie Crackers (1oz) Milk (8oz)	19-Turkey & Cheese (3oz) Mayonnaise & Mustard Packet (1) Potato Salad(1/2c) Fresh Fruit (1) or Fruit Cup (4oz) WGR Bread (2) Milk (8oz)	20-Chef's Salad of HB Egg (1) and Cheese (.5 oz) with Mixed Greens (1c) Tomato & Cucumber (¼ c) WGR Croutons (.8-1 oz) Dressing (1) Milk (8oz)	21-Turkey & Cheese (3oz) Mayonnaise & Mustard Packet (1) Coleslaw (1/2c) Fresh Fruit (1) or Fruit Cup (4oz) WGR Bun (1) Milk (8oz)	22-Egg Salad (3oz) WGR Bread (2) Pickle (1/2 C) Lettuce Leaf (¼ c) Milk (8oz)
25-CLOSED	26-Turkey & Cheese (3oz) Mayonnaise & Mustard Packet (1) Potato Salad(1/2c) Fresh Fruit (1) or Fruit Cup (4oz) WGR Bread (2) Milk (8oz)	27-Mediterranean Salad of Garbanzo Beans 2oz and Feta (.5 oz) Mixed Greens (1 c) Tomato & Cucumber (¼ c) Italian Dressing (1) WGR Croutons (.8-1 oz) Milk (8oz)	28-Turkey & Cheese (3oz) Mayonnaise & Mustard Packet (1) Coleslaw (1/2c) Fresh Fruit (1) or Fruit Cup (4oz) WGR Bun (1) Milk (8oz)	29-Hummus (2.5oz) WGR Bread (2) Pickle (1/2 C) Lettuce Leaf (¼ c) Milk (8oz)

