



**EDIBLES REX**  
 YOUR CATERING COMPANY

# May

# 2021

## Lunch Program

10:53:35 AM  
 Wednesday, April 28, 2021

10324 /

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Vanilla Wafers (19) Chicken Nuggets 3oz Tater Tots 1/2 c (11) Mixed Veggies 1/2 c (12) Milk Choice 8oz =	<b>4</b> Galaxy Pizza IW WG Marinara Cup 3 oz Grahams Minis WG (24) Fresh Fruit (22) Milk Choice 8oz &	<b>5</b> Turkey & Cheese on WG Bun (22) Carrot Coins 1/2 c (9) Fresh Fruit (22) Cheez -Its WG (14) Milk Choice 8oz &	<b>6</b> Grilled Cheese Sandwich (V) (37) Dill Pickle Spear IW (2) Apple Slices 1pk/ 1/2c (7) Goldfish Crackers WG (28) Milk Choice 8oz &	<b>7</b> Hot Dog on WG Bun (20) Tater Tots 1/2 c (11) Baked Beans 1/2 c (22) Milk Choice 8oz =
<b>10</b> Egg Patty (1) English Muffin WG (24) Cheese Slice(American) Tater Tots 1/2 c (11) Juice 100%- 4oz (15) Milk Choice 8oz =	<b>11</b> Lasagna w/marinara WG (V) (28) Green Beans 1/2 c (5) Carrots Cooked 1/2 C Milk Choice 8oz =	<b>12</b> Bagel WG IW (29) Granola 1 oz (20) Sun Butter 1oz Vegetable Juice 4oz (13) Yogurt 4oz- Trix (15) Fresh Fruit (22) Milk Choice 8oz &	<b>13</b> Orange Chicken 3.6 oz Brown Rice WG 1/2 c Mixed Veggies 1/2 c (12) Fortune Cookie (8) Juice 100%- 4oz (15) Milk Choice 8oz =	<b>14</b> Chicken Salad 3oz. Carrot Coins 1/2 c (9) Goldfish Grahams WG (19) Mandarin Oranges 1/2 c (13) Dinner Roll WG IW (16) Milk Choice 8oz =
<b>17</b> Meatballs in Sauce over pasta WG 4oz. Green Beans 1/2 c (5) Corn 1/2 c (16) Milk Choice 8oz =	<b>18</b> Cheeseburger on WG Bun (33) Tater Tots 1/2 c (11) Mixed Veggies 1/2 c (12) Milk Choice 8oz =	<b>19</b> Mini Blueberry Pancakes WG Cheese Stick 1 oz (1) Vegetable Juice 4oz (13) Yogurt 4oz- Trix (15) Fresh Fruit (22) Milk Choice 8oz &	<b>20</b> Chicken Patty w/Chz WG bun (42) Diced Potatoes 1/2 c (15) Cher Choice Vegetable Milk Choice 8oz =	<b>21</b> Turkey & Cheese on WG Bun (22) Carrot Coins 1/2 c (9) Cheez -Its WG (14) Juice 100%- 4oz (15) Milk Choice 8oz &
<b>24</b> Chicken Tenders (3) (16) Tater Tots 1/2 c (11) Mixed Veggies 1/2 c (12) Baked Beans 1/2 c (22) Milk Choice 8oz =	<b>25</b> Taco Stick WG Vegetable Juice 4oz (13) Grahams Minis WG (24) Fresh Fruit (22) Milk Choice 8oz &	<b>26</b> Turkey & Cheese on WG Bun (22) Carrot Coins 1/2 c (9) Goldfish Grahams WG (19) Juice 100%- 4oz (15) Milk Choice 8oz &	<b>27</b> Buffalo Chicken Salad 3oz Carrot Coins 1/2 c (9) Pineapple Tidbits 4 oz (20) Dinner Roll WG IW (16) Milk Choice 8oz =	<b>28</b> Nachos 2oz w/Chez Sauce Refried Beans & Cheese 1/2c (80) Nacho Chips 1.5 oz WG IW Corn 1/2 c (16) Milk Choice 8oz =
<b>31</b> Egg Patty (1) Waffles WG Tater Tots 1/2 c (11) Fruit & Oat Cobbler Milk Choice 8oz =				

Carb Counts  
 included in  
 parenthesis ( )  
 for each item

\* Carb counts are estimated  
 based on nutrition labels from  
 the manufacturer and USDA  
 data  
 Milk Carbs:  
 Fat Free White Milk 1/2 Pint  
 (Purple)(12)  
 Fat Free Chocolate Milk 1/2  
 Pint (Brown)(23)

\*(V) indicates a vegetarian  
 entree

This institution is an  
 equal opportunity  
 provider.



# May 2021

## Breakfast Program

MONDAY

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THURSDAY

FRIDAY

10334 /

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Wednesday, April 28, 2021

3	Muffin 2g-WG Applesauce Cup 1/2 c (22) Milk Choice 8oz	4	Quaker Breakfast Rounds WG Juice 100%- 4oz (15) Milk Choice 8oz	5	Jump Start Breakfast Kit (24) Milk Choice 8oz	6	Donut Holes WG Banana 1 ea (34) Milk Choice 8oz	7	Breakfast Grains - Apple Apple Slices 1pkg 1/2c (7) Milk Choice 8oz
10	Chef Choice BrkF Grains WG 2 Applesauce Cup 1/2 c (22) Milk Choice 8oz	11	Pillsbury Cherry Frudel Juice 100%- 4oz (15) Milk Choice 8oz	12	Jump Start Breakfast Kit (24) Milk Choice 8oz	13	Muffin 2g-WG Banana 1 ea (34) Milk Choice 8oz	14	Snack n Waffle WG (41) Apple Slices 1pkg 1/2c (7) Milk Choice 8oz
17	Muffin 2g-WG Applesauce Cup 1/2 c (22) Milk Choice 8oz	18	Bagels Mini, Cinnamon WG Juice 100%- 4oz (15) Milk Choice 8oz	19	Jump Start Breakfast Kit (24) Milk Choice 8oz	20	UBR Cinnamon (44) Banana 1 ea (34) Milk Choice 8oz	21	Benefit Breakfast Bar WG (48) Apple Slices 1pkg 1/2c (7) Milk Choice 8oz
24	Snack n Waffle WG (41) Applesauce Cup 1/2 c (22) Milk Choice 8oz	25	Muffin 2g-WG Juice 100%- 4oz (15) Milk Choice 8oz	26	Jump Start Breakfast Kit (24) Milk Choice 8oz	27	Soft Filled Bread WG Banana 1 ea (34) Milk Choice 8oz	28	Cereal Bar WG (30) Apple Slices 1pkg 1/2c (7) Milk Choice 8oz
31	Pillsbury Apple Frudel WG (36) Applesauce Milk Choice 8oz								

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Milk Carbs:  
Fat Free White Milk 1/2 Pint (Purple)(12)  
Fat Free Chocolate Milk 1/2 Pint (Brown)(23)

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