(919) 718-6705	05 Month of: May 2023					
Monday	Tuesday	Wednesday	Thursday	Friday		
B: Turkey Sausage, Biscuits,, Strawberries, milk/whole,skim,1%,soy	B: Cheese, English muffins-WG(WG),, Fruit Cocktail, milk/whole,skim,1%,soy	B: Cheerios/MultiGrain Cheerios-WG(WG), Pears, milk/whole,skim,1%,soy	B: Egg, buns/rolls/bread-WG(WG), Mandarin Oranges, milk/whole,skim,1%,soy	B:, Waffles, Bananas, milk/whole,skim,1%,soy		
L: Chicken Legs, Rice (wild or brown)-WG(WG), Brussels Sprouts, Fruit Cocktail, milk/whole,skim,1%,soy	buns/rolls/bread-WG(WG), Peas and Carrots, Pears, milk/whole,skim,1%,soy	L: Pork, Pulled, buns/rolls/bread-WG(WG), Cole Slaw, Oranges, milk/whole,skim,1%,soy	L: Beef Ground, Noodles/Pasta-WG(WG), Corn, Peaches, milk/whole,skim,1%,soy	L: Beef & Cheese, Tortilla-WG(WG), Broccoli, Apples, milk/whole,skim,1%,soy Tacos with cinnamon apples, raw broccoli and califlower. Ranch dressing for dip.		
P: String Cheese, Goldfish-WG(WG), Apples	P: Yogurt, Oat Squares-WG(WG), Mixed Fruit	Applesauce	P:, Teddy Grahams(WG), Pineapple	P:, Goldfish-WG(WG), Mandarin Oranges		
B: Oat Squares-Brown Sugar-WG(WG), Bananas, milk/whole,skim,1%,soy	Eggs, Hard Boiled, French toast-WG(WG), Pears, milk/whole,skim,1%,soy	B:, Waffles, Blueberries, milk/whole,skim,1%,soy	B: Pancakes(WG), Mandarin Oranges, milk/whole,skim,1%,soy	B: Canadian Bacon, Bagel-WG(WG),, Blueberries, milk/whole,skim,1%,soy		
L: Beef Steak, buns/rolls/bread-WG(WG), Beans, Applesauce, milk/whole,skim,1%,soy chopped steak, mashed potatoes, green beans applesause.	L: Chicken, Rice (wild or brown)-WG(WG), Peas, Peaches, milk/whole,skim,1%,soy	Noodles/Pasta-WG(WG), Potatoes, Fruit Salad,	L: Ham, buns/rolls/bread-WG(WG), Potato Salad, Fruit Cocktail, milk/whole,skim,1%,soy meatball subs with cheese.	L: Beef & Cheese, Pizza Crust-WG(WG), Corn, Tossed Salad, milk/whole,skim,1%,soy		
P: Hummus, Crackers-WG(WG), Carrots, Mixed Fruit	P: Tortilla-WG(WG), Salsa, Pears Whole Grain Tortilla chips.	P: Cheese, Crackers-WG(WG), Apple Juice	P: Yogurt, Goldfish Crackers	P: Peanut Butter, Pretzels-WG(WG), Apples		

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(919) 718-6705		Month of: May 2023	910-395-6132	
Monday	Tuesday	Wednesday	Thursday	Friday
15	16	17	18	19
B:, Cheerios/MultiGrain	B:, Pancakes, Pears,	B:, Waffles, Pineapple,	B: Egg & Cheese,	B: Turkey Sausage, English
Cheerios-WG(WG),	milk/whole,skim,1%,soy		buns/rolls/bread-WG(WG),	muffins-WG(WG),,
Bananas,	1		Tomatoes, Pineapple,	Strawberries,
milk/whole,skim,1%,soy	<u> </u>		milk/whole,skim,1%,soy	milk/whole,skim,1%,soy
			egg/cheese and tomato sandwich	
L: Fish sticks, Rice (wild or	L: Chicken Strips/Tenders,	L: Beef Ground, Noodles /	L: Turkey & Cheese,	L: Cheese, Pizza Crust,
brown)-WG(WG), Corn, Cole	buns/rolls/bread-WG(WG),	Pasta, Tossed Salad, Apples,	buns/rolls/bread-WG(WG),	Sweet Potato, Fruit Salad,
Slaw,	Broccoli, Mandarin Oranges,	milk/whole,skim,1%,soy	Baked Beans, Peaches,	milk/whole,skim,1%,soy
milk/whole,skim,1%,soy			milk/whole,skim,1%,soy	
	broccoli/cheese	county fried steaks,mashed potatoes	slider	sweet potatoe fries
P: String Cheese,	P: Tortilla Chips(WG), Salsa,	P: Peanut Butter, Graham	P: Yogurt, Oat	P: Cheese, Wheat
Goldfish-WG(WG), Apples		Crackers(WG), Carrots,	Squares-Brown	Crackers(WG), Blueberries
	<u> </u>		Sugar-WG(WG), Mixed Fruit	
	Peach salsa with black beans and corn.			pimento cheese
22	23	24	25	26
B: Cheerios/MultiGrain	B:, French Toast, Mixed	B: Sausages,	B: Canadian Bacon, English	B: Pancakes(WG),
Cheerios-WG(WG),	Fruit,	buns/rolls/bread-WG(WG),	muffins-WG(WG),,	Strawberries,
Blueberries,	milk/whole,skim,1%,soy		Oranges,	milk/whole,skim,1%,soy
milk/whole,skim,1%,soy		milk/whole,skim,1%,soy	milk/whole,skim,1%,soy	
L: Chicken Salad,	L: Corn Dog,	L: Ham & Cheese,	L: Beef Meatballs,	L: Turkey & Cheese,
Croissants(WG), Lettuce	buns/rolls/bread-WG(WG),	buns/rolls/bread-WG(WG),	buns/rolls/bread-WG(WG),	buns/rolls/bread-WG(WG),
And Tomato, Pears,	Potatoes, Grapes,	Mixed Vegetables, Pineapple,	Sweet Potato, Tossed Salad,	Celery & Carrot Sticks,
milk/whole,skim,1%,soy	milk/whole,skim,1%,soy	milk/whole,skim,1%,soy	milk/whole,skim,1%,soy	Pears,
				milk/whole,skim,1%,soy
		egg salad stuffed pita	meatball sub with wg sub roll and cheese. Sweet potato fries	
P: Peanut Butter,	P: Hummus, Wheat	P: Nuts, Cheese		P: Yogurt, Cheese
Pretzels-WG(WG), Apples	· ' '	Crackers(WG), Bananas	Crackers(WG), Apples	Crackers(WG)
	Mixed Fruit			
	raw carrots also served with cauliflower.	homemade trail mix with cheerios and dried cranberries		cheese nips WG

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Center: ESTELLE'S CHILD CARE (919) 718-6705

Month of: May 2023

(919) /10-0/0	5		Month of: May 2023		910-393-0132
	Monday	Tuesday	Wednesday	Thursday	Friday
29		30	31		
B:	Waffles(WG), Fruit	B: Sausages, Biscuits,	B:, Waffles,,		
	Cocktail,	Bananas,	Applesauce,		
	milk/whole,skim,1%,soy	milk/whole,skim,1%,soy sausages biscuits	milk/whole,skim,1%,soy		
L:	Beef Ground,	L: Chicken Nuggets,	L: Pork, Pulled,		
	Noodles/Pasta-WG(WG),	buns/rolls/bread-WG(WG),	buns/rolls/bread-WG(WG),		
	Corn, Tossed Salad,	Baked Beans, Mandarin	Potatoes, Pears,		
	milk/whole,skim,1%,soy	Oranges,	milk/whole,skim,1%,soy		
		milk/whole,skim,1%,soy			
P:	Peanut Butter,	P: Cheese,	P: Yogurt, Teddy		
	Goldfish-WG(WG), Celery	Crackers-WG(WG),	Grahams(WG),		

(919) 71	18-6705			Month of: May 2023				910-395-6132		
Monday Tuesday				Wednesday	Thursday		Friday			
1		2		3		4		5		
В	0-5 Months Breast Milk	B:	0-5 Months Breast Milk /		0-5 Months Breast Milk /	┌╴	3: 0-5 Months Breast Milk /		B: 0-5 Months Breast Milk /	
	/ Iron Fort. Infant Formula	_	Iron Fort. Infant Formula		Iron Fort. Infant Formula		Iron Fort. Infant Formula		Iron Fort. Infant Formula	
	6-11 Months Breast		6-11 Months Breast Milk		6-11 Months Breast Milk		6-11 Months Breast Milk /		6-11 Months Breast Milk	
	Milk / Iron Fort. Infant		/ Iron Fort. Infant Formula,		/ Iron Fort. Infant Formula,		Iron Fort. Infant Formula,		/ Iron Fort. Infant Formula,	
	Formula, Infant vegetable,		Infant vegetable, Infant Fruit,		Infant vegetable, Infant Fruit,		Infant vegetable, Infant Fruit,		Infant vegetable, Infant Fruit,	
	Infant Fruit, Iron Fortified		Iron Fortified Infant Cereal,		Iron Fortified Infant Cereal,		Iron Fortified Infant Cereal,		Iron Fortified Infant Cereal,	
	Infant Cereal, Infant		Infant meat/cereal/alt		Infant meat/cereal/alt		Infant meat/cereal/alt		Infant meat/cereal/alt	
	meat/cereal/alt									
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L:	0-5 Months Breast Milk	L:	0-5 Months Breast Milk /			L:	0-5 Months Breast Milk /	Ŀ	0-5 Months Breast Milk /	
	/ Iron Fort. Infant Formula		Iron Fort. Infant Formula				Iron Fort. Infant Formula		Iron Fort. Infant Formula	
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	6-11 Months Breast		6-11 Months Breast Milk				6-11 Months Breast Milk /		6-11 Months Breast Milk	
	Milk / Iron Fort. Infant		/ Iron Fort. Infant Formula,				Iron Fort. Infant Formula,		/ Iron Fort. Infant Formula,	
	Formula, Infant vegetable,		Infant vegetable, Infant Fruit,				Infant vegetable, Infant Fruit,		Infant vegetable, Infant Fruit,	
	Infant Fruit, Iron Fortified		Iron Fortified Infant Cereal,				Iron Fortified Infant Cereal,		Iron Fortified Infant Cereal,	
	Infant Cereal, Infant		Infant meat/cereal/alt				Infant meat/cereal/alt		Infant meat/cereal/alt	
	meat/cereal/alt									
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P:	0-5 Months Breast Milk	P:	0-5 Months Breast Milk /	P:	0-5 Months Breast Milk /	P:	0-5 Months Breast Milk /	P:	0-5 Months Breast Milk /	
	/ Iron Fort. Infant Formula		Iron Fort. Infant Formula		Iron Fort. Infant Formula		Iron Fort. Infant Formula		Iron Fort. Infant Formula	
				_		_				
	6-11 Months Breast		6-11 Months Breast Milk		6-11 Months Breast Milk		6-11 Months Breast Milk /		6-11 Months Breast Milk	
	Milk / Iron Fort. Infant		/ Iron Fort. Infant Formula,		/ Iron Fort. Infant Formula,		Iron Fort. Infant Formula,		/ Iron Fort. Infant Formula,	
	Formula, Infant vegetable,		Infant vegetable, Infant Fruit,		Infant vegetable, Infant Fruit,		Infant vegetable, Infant Fruit,		Infant vegetable, Infant Fruit,	
	Infant Fruit, Iron Fortified		Iron Fortified Infant Cereal,		Iron Fortified Infant Cereal,		Iron Fortified Infant Cereal,		Iron Fortified Infant Cereal,	
	Infant Cereal, Infant		Infant		Infant		Infant		Infant	
	Bread/Cracker/Cereal/Alt		Bread/Cracker/Cereal/Alt		Bread/Cracker/Cereal/Alt		Bread/Cracker/Cereal/Alt		Bread/Cracker/Cereal/Alt	
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Monthly Menu Plan (Infant) Center: ESTELLE'S CHILD CARE **Sponsor: Cape Fear Tutoring** (919) 718-6705 910-395-6132 Month of: May 2023

(919) 718-6705		910-395-6132			
Monday	Tuesday	Wednesday	Thursday	Friday	
8	9	10	11	12	
B: 0-5 Months Breast Milk	B: 0-5 Months Breast Milk /				
/ Iron Fort. Infant Formula				Iron Fort. Infant Formula	
6-11 Months Breast	6-11 Months Breast Milk	6-11 Months Breast Milk	6-11 Months Breast Milk /	6-11 Months Breast Milk	
Milk / Iron Fort. Infant	/ Iron Fort. Infant Formula,	/ Iron Fort. Infant Formula,	Iron Fort. Infant Formula,	/ Iron Fort. Infant Formula,	
Formula, Infant vegetable,	Infant vegetable, Infant Fruit,				
Infant Fruit, Iron Fortified	-	Iron Fortified Infant Cereal,	Iron Fortified Infant Cereal,	Iron Fortified Infant Cereal,	
Infant Cereal, Infant		· ·	1	· ·	
meat/cereal/al					
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	-L				
L: 0-5 Months Breast Milk		L: 0-5 Months Breast Milk /	L: 0-5 Months Breast Milk /	L: 0-5 Months Breast Milk /	
/ Iron Fort. Infant Formula	Iron Fort. Infant Formula	Iron Fort. Infant Formula	Iron Fort. Infant Formula	Iron Fort. Infant Formula	
6-11 Months Breast		6-11 Months Breast Milk	6-11 Months Breast Milk /	6-11 Months Breast Milk	
Milk / Iron Fort. Infant	,	/ Iron Fort. Infant Formula,	Iron Fort. Infant Formula,	/ Iron Fort. Infant Formula,	
Formula, Infant vegetable,	-	Infant vegetable, Infant Fruit,	Infant vegetable, Infant Fruit,	Infant vegetable, Infant Fruit,	
Infant Fruit, Iron Fortified	· ·	Iron Fortified Infant Cereal,	Iron Fortified Infant Cereal,	Iron Fortified Infant Cereal,	
Infant Cereal, Infant	Infant meat/cereal/alt	Infant meat/cereal/alt	Infant meat/cereal/alt	Infant meat/cereal/alt	
meat/cereal/al	t				
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P: 0-5 Months Breast Milk	P: 0-5 Months Breast Milk /				
/ Iron Fort. Infant Formula				Iron Fort. Infant Formula	
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6-11 Months Breast	6-11 Months Breast Milk	6-11 Months Breast Milk	6-11 Months Breast Milk /	6-11 Months Breast Milk	
Milk / Iron Fort. Infant		/ Iron Fort. Infant Formula,	Iron Fort. Infant Formula,	/ Iron Fort. Infant Formula,	
Formula, Infant vegetable,		Infant vegetable, Infant Fruit,	Infant vegetable, Infant Fruit,	Infant vegetable, Infant Fruit,	
Infant Fruit, Iron Fortified	-	Iron Fortified Infant Cereal,	Iron Fortified Infant Cereal,	Iron Fortified Infant Cereal,	
Infant Cereal, Infant		Infant	Infant	Infant	
Bread/Cracker/Cereal/Al				Bread/Cracker/Cereal/Alt	
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Center: ESTELLE'S CHILD CARE

(919) 718-6705

Monthly Menu Plan (Infant)

Sponsor: Cape Fear Tutoring
Month of: May 2023

Month of: May 2023

910-395-6132

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	22	23	24	25	26
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				6-11 Months,,,	
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