

# Wah Mei School Monthly Menu

May-2017

	Monday	Tuesday	Wednesday	Thursday	Friday
	<i>5/01</i>	<i>5/02</i>	<i>5/03</i>	<i>5/04</i>	<i>5/05</i> <i>Cinco de Mayo</i>
<b>Breakfast</b>	Cereal/ 玉米片	Waffles /雞蛋餅	Oatmeal / 燕麥片	Strawberry Toast /草莓醬	Bagels/貝果
<b>Lunch</b>	Fried Eggs Sandwich 煎蛋三明治 (Ground Pork, Cabbage, Carrot) Fresh Fruit & Organic Milk	Sea Shells /Chicken Broth 義大利貝殼雞湯麵 ( Ham,Cheese,Green Peas) Fresh Fruit & Organic Milk	BBQ Pork over Rice 烤豬肉飯 (Ground Pork, Cabbage,Rice) Fresh Fruit & Organic Milk	Fried Noodles 炒麵 (Ground Pork, Cabbage, Carrot) Fresh Fruit & Organic Milk	Tacos 墨西哥玉米餅 (Cheese,Tomato,Ground Turkey,Lettuce) Fresh Fruit & Organic Milk
<b>PM Snack</b>	Tater Tots /馬鈴薯丁	Franch Toasts 法國土司	Saltine Crackers/鹹脆餅	Mini Corn Cobs / 玉米棒子	Club Crackers/ 蘇打餅
	<i>5/08</i>	<i>5/09</i>	<i>5/10</i>	<i>5/11</i>	<i>5/12</i>
<b>Breakfast</b>	Bagels/貝果	Oatmeal / 燕麥片	Franch Toasts 法國土司	Waffles /雞蛋餅	Pancakes/ 煎餅
<b>Lunch</b>	Fillet-O- Fish Sandwiches 魚條熱狗包 (Fish Sticks, Carrot Sticks) Fresh Fruit & Organic Milk	Creamy Chicken Noodles 雞肉濃湯麵 (Chicken,Corn,Green Peas) Fresh Fruit & Organic Milk	Turkey Cheese Pinwheels 火雞肉乳酪捲 (Turkey Ham, Cheese, lettuce)	Beef &Tomatoes Rice 蕃茄牛肉飯 (Ground Beef,Carrots, Onion) Fresh Fruit & Organic Milk	Elbow Macaroni 義大利粉 ( Ham,Cheese,Green Peas) Fresh Fruit & Organic Milk
<b>PM Snack</b>	Ritz Crackers/瑞滋圓餅	Mini Corn Cobs / 玉米棒子	Animal shape crackers/動物形餅乾	Gold Fish Crackers/金魚餅乾	Honey Grahams/全麥蜂蜜餅
	<i>5/15</i>	<i>5/16</i>	<i>5/17</i>	<i>5/17</i>	<i>5/18</i>
<b>Breakfast</b>	Pancakes/ 煎餅	Cereal/ 玉米片	Oatmeal / 燕麥片	Waffles /雞蛋餅	Franch Toasts 法國土司
<b>Lunch</b>	Potato Salad,Chicken Nuggets 雞塊, 馬鈴薯沙拉 (Ham,Cheese, Lettuce) Fresh Fruit & Organic Milk	Elbow Macaroni 義大利粉 ( Ham,Cheese,Green Peas) Fresh Fruit & Organic Milk	Drumsticks 烤雞腿 (Bread, Carrot sticks ) Fresh Fruit & Organic Milk	BBQ Pork over Rice 烤豬肉飯 (Ground Pork, Cabbage, Rice) Fresh Fruit & Organic Milk	Sprghetti & Meatballs 義大利肉丸麵 (Beef,Tomatoes,Carrot) Fresh Fruit & Organic Milk
<b>PM Snack</b>	Chips /玉米脆片	Franch Toasts 法國土司	Tater Tots /馬鈴薯丁	Gold Fish Crackers/金魚餅乾	Honey Grahams/全麥蜂蜜餅
	<i>5/22</i>	<i>5/23</i>	<i>5/24</i>	<i>5/25</i>	<i>5/26</i>
<b>Breakfast</b>	Cereal/ 玉米片	Pancakes/ 煎餅	Waffles / 雞蛋餅	Oatmeal / 燕麥片	Bagels/貝果
<b>Lunch</b>	Pizza 披薩餅 (Salami,Cheese,Carrot) Fresh Fruit & Organic Milk	Oven Fried Chicken 雞肉飯 (Chicken, Corn, Broccoli) Fresh Fruit & Organic Milk	Elbow/Cream of Mushroom 義大利濃湯麵 ( Ham,Green Peas) Fresh Fruit & Organic Milk	Avocado Sandwiches 牛油果三明治 (Avacado, Egg, Spam) Fresh Fruit & Organic Milk	Cream Chicken Noodles 雞肉濃湯麵 (Chicken,Corn,Green Peas) Fresh Fruit & Organic Milk
<b>PM Snack</b>	Franch Toasts 法國土司	Animal shape crackers/動物形餅乾	Honey Grahams/全麥蜂蜜餅	Wheat thins/小麥脆餅	Mini Corn Cobs / 玉米棒子
	<i>5/29</i>	<i>5/30 Dragon Boat Festival</i>	<i>5/31</i>		
<b>Breakfast</b>		Waffles /雞蛋餅	Pancakes/ 煎餅		
<b>Lunch</b>	<b>Memorial Day (國殤日)</b> School Closed	Chinese Tamale 粽子 (Sweet rice, Meat, Dried mushroom) Fresh Fruit & Organic Milk	Fried Eggs Tomatoes Rice 蕃茄炒蛋飯 (Eggs,Ground Pork,Tomatoes) Fresh Fruit & Organic Milk		
<b>PM Snack</b>		Tater Tots /馬鈴薯丁	Honey Grahams/全麥蜂蜜餅		