



Menus for
May
2017

Great Start Readiness Program
Director Cheryl Poel 616-846-7917

This institution is an equal opportunity provider.
Menus are subject to change.

Monday, May 8

Lunch
Chicken Poppers & Ranch
Dipping Sauce

Sides
Green Beans, Crackers,
Fruit, & Veggie Bar

Tattoo with Each Meal

AM Snack
Pretzel Twists

PM Snack
String Cheese

Tuesday, May 9

Lunch
Twin Burgers

Sides
Crackers, Baked Fries,
Fruit, & Veggie Bar

AM Snack
Fruit Cup

PM Snack
Munchie Snack Mix

Wednesday, May 10

Lunch
Pancake on a Stick

Sides
100% Juice, Crackers,
Hash Brown Wedge,
Fruit, & Veggie Bar

AM Snack
Yogurt Cup

PM Snack
Cheddar Goldfish

Thursday, May 11

Lunch
EZ Jammer, Turkey Stick,
Carrots & Goldfish

Sides
Crackers,
Fruit, & Veggie Bar

Sugar Cookie!

AM Snack
Teddy Grahams

PM Snack
Banana

90 MINUTE RULE.

A hot shower before bed helps you sleep better. But there's a catch: make sure to shower ninety minutes before you plan to hit the hay. That way your body will have time to cool down and you'll be primed for the excellent, restful sleep we all need for good health!



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Monday, May 15

Lunch
Chicken Sticks

Sides
Corn, Warm Cinnamon
Apples, Crackers,
Fruit, & Veggie Bar

AM Snack
Caramel Popcorn

PM Snack
String Cheese

Tuesday, May 16

Lunch
Hot Dog, BBQ Baked
Beans & Lay's Potato Chips

Sides
Crackers,
Fruit, & Veggie Bar

AM Snack
Applesauce

PM Snack
Cheez-its

Wednesday, May 17

Lunch
Grilled Cheese & Tomato
Soup

Sides
100% Juice, Crackers,
Fruit, & Veggie Bar

AM Snack
Animal Crackers

PM Snack
Mini Rice Krispy Treat

Thursday, May 18

Lunch
Walking Taco (Beef &
Cheese in a bag of Frito's)
Refried Beans

Sides
Crackers,
Fruit, & Veggie Bar

Chocolate Chip Cookie!

AM Snack
Elf Grahams

PM Snack
Yogurt Cup

**Word
of the
Month**

kind·ness

noun 1. goodness; benevolence 2. consideration for the feelings and well-being of people other than oneself 3. sympathy; gentle helpfulness

Thanks, Mom!



*Happy Mother's Day
Sunday, May 14*

Monday, May 22

Lunch
Chicken Sandwich

Sides
Green Beans, Crackers,
Fruit, & Veggie Bar

AM Snack
String Cheese

PM Snack
Caramel Popcorn

Tuesday, May 23

Lunch
Cinnamon Toast Crunch
Bowl, Cheese Stick,
Carrots, & Goldfish

Sides
Crackers,
Fruit, & Veggie Bar

AM Snack
Cheez-its

PM Snack
Mini Rice Krispy Treat

Wednesday, May 24

Lunch
Laker Muffin
(Sausage, Egg & Cheese)

Sides
Hash Brown, 100% Juice,
Crackers,
Fruit, & Veggie Bar

AM Snack
Animal Crackers

PM Snack
Fruit Cup

Thursday, May 25

Lunch
Taco
(Beef, Cheese, Lettuce, &
Tomatoes) Spanish Rice

Sides
Broccoli, Crackers,
Fruit & Veggie Bar

AM Snack
Mini Rice Krispy Treat

PM Snack
Elf Grahams



Smile.
It's summer!

We'll see you
next year.
Enjoy!