

Early Learning Center Month: April 2024

- School Age children may be served cereal and fruit in substitution for hot breakfast in order to maintain their individual bus schedules
- Meals and Snacks are subject to change without notice
- As stated in the parent handbook, all requests for special foods and diets must be documented and recommended by your physician. Parents may be required to provide appropriate food substitutes for their child
- HM: This item is homemade, not a prepackaged food item

	Menu Item	1-2 age	3-5 age	6-12 age	Monday April 1	Tuesday April 2	Wednesday April 3	Thursday April 4	Friday April 5
Breakfast	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Fruit Vegetable	¼ cup	½ cup	½ cup	Mango	Applesauce	Strawberries	Pears	Apple Slices
	Grains (oz eq)	½ serving Or ½ s (½ oz)	-½ s or ½ serving -(1/2 oz)	-1 s or 1 serving (1 oz)	Multi-Grain Cheerios Cereal	Whole Grain Waffle Sticks	Cornflakes Cereal	Rice Krispies Cereal	Rice Chex Cereal
	Add. Food option								
Lunch	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	¼ cup	1/2 cup	Lima Beans	Yams	Cauliflower	Corn	Bananas
	Fruit	1/8 cup	¼ cup	¼ cup	Pineapple	Pears	Mixed Fruit	Peaches	Carrot Sticks (inf/tods-blanchd)
	Meat/ alternative	1 oz	1 ½ oz	2 oz	Egg Salad (Diced hard-boiled egg, light mayo, mustard, dill) HM	English Muffin Pizzas (WG English muffin, tomato sauce, mozzarella cheese)	Sliced Turkey	BBQ Chicken Breast	Tuna Salad (Tuna, dill, mayo)
	Grains (oz eq)	½ s or ½ serving (1/2 oz)	½ s or ½ serving (1/2 oz)	1 s or serving (1 oz)	Multi-Grain Bread	Whole Grain English Muffin	Whole Wheat Bread	Whole Grain Hamburger Bun	Whole Wheat Tortilla
	Add. Food option						Mustard		
Snack	Fluid	½ cup	½ cup	1 cup	Apple Juice	Milk	White Grape Juice	Milk	Water
	Fruit/ vegetable	½ cup	½ cup	¾ cup					
	Grains (oz eq)	½ s or ½ serving (1/2 oz)	½ s or ½ serving (1/2 oz)	1 s or serving (1 oz)	Wheat Thin Crackers	Trail Mix— Cheerios, cornflakes, chex, cheez- its, raisins (school age) (infants- chex cereal)	Pretzels (inf/tods-baked soft pretzels)	Animal Crackers	Townhouse Crackers and Soy Nut Butter

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	Menu Item	1-2 age	3-5 age	6-12 age	Monday April 8	Tuesday April 9	Wednesday April 10	Thursday April 11	Friday April 12
Breakfast	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Fruit Vegetable	¼ cup	½ cup	½ cup	Strawberries	Blueberries	Applesauce	Pears	Orange Slices
	Grains (oz eq)	½ serving or ½ s (1/2 oz)	-½ s or ½ serving (1/2 oz)	-1s or 1 serving (1 oz)	Life Cereal	Kix Cereal	Whole Grain Croissants	Cornflakes Cereal	Corn Chex Cereal
	Add. Food option								
Lunch	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	1/8 cup	1/2 cup	Broccoli	Green Beans	Peas	Asparagus	Salad (inf/tod- lettuce) (PS- lettuce, carrot, cabbage)
	Fruit	¼ cup	1/8 cup	¼ cup	Pineapple	Mandarin Oranges	Mango	Mixed Fruit	Bananas
	Meat/ alternative	1 oz	1 ½ oz	2 oz	Scrambled Eggs	Chicken Meatballs with Tomato Sauce	Chicken Salad (Diced Chicken, Mayo, dill)	Creamy Chicken Casserole (chicken, cream of chicken, whole wheat penne)	Sliced Turkey
	Grains (oz eq)	½ s or ½ serving (1/2 oz)	½ s or ½ serving (1/2 oz)	1 s or serving (1 oz)	Whole Grain Slider Roll	Whole Grain Dinner Roll	Whole Wheat Pita	Whole Wheat Penne	Multi- Grain Bread
	Add. Food option								Low-Fat Ranch and Mustard
Snack	Fluid	½ cup	½ cup	1 cup	Apple Juice	Milk	Water	Orange Juice	Water
	Fruit/ vegetable	½ cup	½ cup	¾ cup					
	Grains (oz eq)	½ s or ½ serving (1/2 oz)	½ s or ½ serving (1/2 oz)	1 s or serving (1 oz)	Wheat Crackers	Whole Grain Graham Goldfish Crackers	Townhouse Crackers and Hummus (garbanzo beans, tahini, olive oil, lemon juice)	Saltines	Triscuit Crackers and Cheddar Cheese Cubes

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	Menu Item	1-2 age	3-5 age	6-12 age	Monday April 15	Tuesday April 16	Wednesday April 17	Thursday April 18	Friday April 19
Breakfast	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Fruit Vegetable	¼ cup	½ cup	½ cup	Blueberries	Pears	Apple Slices	Strawberries	Bananas
	Grains (oz eq)	½ serving or ½ s (1/2 oz)	½ s or ½ serving (1/2 oz)	1 s or 1 serving (1 oz)	Bran Flakes Cereal	Cheerios Cereal	Rice Chex Cereal	Whole Grain French Toast Sticks	Multi-Grain Cheerios Cereal
	Add. Food option								
Lunch	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	1/8 cup	1/2 cup	Mixed Vegetables	Lettuce and Diced Tomato	Diced Potatoes (potatoes, olive oil, oregano)	Peas	Carrot Sticks (infants/ Tods-blanchd)
	Fruit	¼ cup	1/8 cup	¼ cup	Pineapple	Mandarin Oranges	Mixed Fruit	Peaches	Apple Slices
	Meat/ alternative	1 oz	1 ½ oz	2 oz	Baked Fish with Bread Crumbs	Ground Turkey with Taco Seasoning and Shredded Cheddar Cheese	Beef Patty	Cheese Ravioli with Tomato Sauce and Mozzarella Cheese	Chicken Salad (Diced chicken, dill, mayo)
	Grains (oz eq)	½ s or ½ serving (1/2 oz)	½ s or ½ serving (1/2 oz)	1 s or 1 serving (1 oz)	Whole Wheat Dinner Roll	Corn Taco Shell	Whole Wheat Hamburger Bun	Cheese Ravioli	Whole Wheat Bread
	Add. Food option				Ketchup		Ketchup		
Snack	Fluid	½ cup	½ cup	1 cup	Milk	Apple Juice	Water	Water	Milk
	Fruit/ vegetable	½ cup	½ cup	¾ cup					
	Grains (oz eq)	½ s or ½ serving (1/2 oz)	½ s or ½ serving (1/2 oz)	1 s or 1 serving (1 oz)	Animal Crackers	Townhouse Crackers	Whole Wheat Pita and Cheddar Cheese Slices	Flatbread and Cheese Sticks	Whole Grain Bean and Veggie Crackers

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	Menu Item	1-2 age	3-5 age	6-12 age	Monday April 22	Tuesday April 23	Wednesday April 24	Thursday April 25	Friday April 26
Breakfast	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Fruit Vegetable	¼ cup	½ cup	½ cup	Applesauce	Orange Slices	Pineapple	Mango	Strawberries
	Grains (oz eq)	½ serving Or ½ s (1/2 oz)	½ s or ½ serving (1/2 oz)	1s or 1 serving (1 oz)	Whole Grain Waffle Sticks	Kix Cereal	Life Cereal	Cheerios Cereal	Corn Chex Cereal
	Add. Food option								
Lunch	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Cauliflower	Diced Carrots	Stewed Tomatoes	Spinach	Carrot Sticks (inf/tods-blanchd)
	Fruit	¼ cup	1/4 cup	¼ cup	Peaches	Pears	Apple Slices	Mixed Fruit	Bananas
	Meat/ alternative	1 oz	1 ½ oz	2 oz	BBQ Ground Turkey	Diced Chicken and Salsa	Macaroni and Cheese	Chicken Meatballs with Tomato Sauce	Cheese Pizza (white flour dough, tomato sauce, mozzarella cheese)
	Grains (oz eq)	½ s or ½ serving (1/2 oz)	½ s or ½ serving (1/2 OZ)	1 s or serving (1 OZ)	Whole Wheat Hamburger Bun	Whole Wheat Tortilla	Whole Grain Macaroni	Whole Grain Dinner Roll	White Flour Dough
	Add. Food option								
Snack	Fluid	½ cup	½ cup	1 cup	Water	Milk	Orange Juice	Apple Juice	Water
	Fruit/ vegetable	½ cup	½ cup	¾ cup					Orange Slices
	Grains (oz eq)	½ s or ½ serving (1/2 oz)	½ s or serving (1/2 oz)	1 s or serving (1 oz)	Baked Pretzels and Cheddar Cheese Slices	Graham Crackers	Whole Grain Cheddar Goldfish	Saltines and Cheddar Cheese Cubes	Triscuit Crackers

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	Menu Item	1-2 age	3-5 age	6-12 age	Monday April 29	Tuesday April 30			
Breakfast	Milk	½ cup	¾ cup	1 cup	Milk	Milk			
	Fruit Vegetable	¼ cup	½ cup	½ cup	Mandarin Oranges	Mixed Berries			
	Grains (oz eq)	½ serving Or ½ s (1/2 oz)	½ s or ½ serving (1/2 oz)	1 s or 1 serving (1 oz)	Rice Krispies Cereal	Corn Flakes Cereal			
	Add. Food option								
Lunch	Milk	½ cup	¾ cup	1 cup	Milk	Milk			
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Beets	Diced Tomatoes			
	Fruit	¼ cup	1/4 cup	¼ cup	Peaches	Mixed Fruit			
	Meat/ alternative	1 oz	1 ½ oz	2 oz	Turkey Burger	Grilled Cheese (cheddar cheese, whole grain bread)			
	Grains (oz eq)	½ s or ½ serving (1/2 oz)	½ s or ½ serving (1/2 OZ)	1 s or serving (1 OZ)	Whole Grain Hamburger Bun	Whole Grain Bread			
	Add. Food option				Ketchup				
Snack	Fluid	½ cup	½ cup	1 cup	Milk	Water			
	Fruit/ vegetable	½ cup	½ cup	¾ cup					
	Grains (oz eq)	½ s or ½ serving (1/2 oz)	½ s or serving (1/2 oz)	1 s or serving (1 oz)	Whole Grain Cinnamon Raisin Bread	Flatbread and Hummus (garbanzo beans, tahini, olive oil, lemon juice)			