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	3-5	6-12	Monday	Tuesday	Wednesday	Thursday	Friday
		age	age	age	April 1	April 2	April 3	April 4	April 5
Breakfast	Milk	½ cup	3/ ₄ CUD	l cup	Milk	Milk	Milk	Milk	Milk
	Fruit Vegetable	¼ cup	½ cup	½ cup	Mango	Applesauce	Strawberries	Pears	Apple Slices
	Grains (oz eq)	serving Or ½ s (½ oz)	-½ s or ½ serving -(1/2 oz)	-1s 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	3/ ₄ CUP	l cup	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	1/ ₄ CUP	1/2 cup	Lima Beans	Yams	Cauliflower	Corn	Bananas
	Fruit	1/8 cup	½ cup	½ cup	Pineapple	Pears	Mixed Fruit	Peaches	Carrot Sticks (inf/tods- blanched)
	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 Hamburg er Bun	Whole Wheat Tortilla
	Add. Food option						Mustard		
Snack	Fluid	½ cup	½ cup	l cup	Apple Juice	Milk	White Grape Juice	Milk	Water
	Fruit/ vegetable	½ cup	½ cup	³¼ 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

Early Learning Center Month: April 2024

	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 CUD	³ ⁄ ₄ CUD	l cup	Milk	Milk	Milk	Milk	Milk
	Fruit Vegetable	1/4 CUP	½ cup	½ cup	Strawberries	Blueberries	Applesauce	Pears	Orange Slices
	Grains (oz eq)	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	³ / ₄ CUD	l 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	1/4 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)	1/2 S or 1/2 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	l cup	Apple Juice	Milk	Water	Orange Juice	Water
	Fruit/ vegetable	½ cup	½ cup	³¼ CUP					
	Grains (oz eq)	½ s or ½ serving (1/2 Oz)	1/2 S Or 1/2 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

Early Learning Center Month: April 2024

Menu	1-2	3-5	6-12	Monday	Tuesday	Wednesday	Thursday	Friday
Item	age	age	age	April 15	April 16	April 17	April 18	April 19
Milk	½ CUD	3/ ₄ CUD	l quo	Milk	Milk	Milk	Milk	Milk
Fruit Vegetable	1/4 CUP	½ cup	1½ CUP	Blueberries	Pears	Apple Slices	Strawberries	Bananas
Grains (oz eq)	serving or ½ s (1/2 oz)	-½ S or ½ serving (1/2 oz)	-1s or 1 serving (1 oz)	Bran Flakes Cereal	Cheerios Cereal	Rice Chex Cereal	Whole Grain French Toast Sticks	Multi-Grain Cheerios Cereal
Add. Food								
Milk	1½ CUD	3/ ₄	1 CUD	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- blanched)
Fruit	1¼ CUP	1/8 cup	1¼ 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)	1/2 S or 1/2 serving (1/2 oz)	1/2 S Or 1/2 serving (1/2 OZ)	1 s or serving (1 OZ)	Whole Wheat Dinner Roll	Corn Taco Shell	Whole Wheat Hamburger Bun	Cheese Ravioli	Whole Wheat Bread
Add. Food	,			Ketchup		Ketchup		
Fluid	½ cup	½ cup	1 cup	Milk	Apple Juice	Water	Water	Milk
Fruit/	½	½	3/ ₄					
Grains (oz eq)	½ s or ½ serving (1/2 oz)	½ s or ½ serving (1/2 oz)	l s or serving (1 oz)	Animal Crackers	Townhouse Crackers	Whole Wheat Pita and Cheddar Cheese Slices	Flatbread and Cheese Sticks	Whole Grain Bean and Veggie Crackers
	Item Milk Fruit Vegetable Grains (oz eq) Add. Food option Milk Vegetable Fruit Meat/alternative Grains (oz eq) Add. Food option Fluid Fruit/vegetable Grains (oz	Item age Milk ½ cup Fruit ¼ Vegetable Cup Grains (oz eq) 1/2 serving or ½ serving cup Add. Food option Fruit ¼ cup Meat/ alternative 1 oz Grains (oz eq) ½ serving (1/2 oz) Add. Food option Fluid ½ cup Fruit/ yegetable Cup Grains (oz eq) ½ serving (1/2 se	Item age age Age Milk ½ ¾ ½ Cup Fruit ¼ ½ Cup Grains (oz eq) Grains (oz	Item age age age age Milk ½ % 1 cup cup Fruit ¼ ½ cup cup cup Grains (oz eq) 2 -½ s serving (1/2 oz) Add. Food option Milk ½ % 1 cup cup Vegetable 1/8 1/8 1/2 cup cup Fruit ¼ 1/8 cup cup cup Fruit ¼ 1/8 cup cup cup Meat/ alternative 1 oz 1 ½ serving (1/2 oz) Add. Food option Fluid ½ serving (1/2 oz) oz Add. Food option Fluid ½ ½ serving (1/2 oz) Fruit/ vegetable cup cup cup Fruit/ vegetable cup cup cup cup Grains (oz eq) ½ s ½ s 1 s or cup cup Fruit/ vegetable cup cup	Item	Item age age age April 15 April 16	Item age age age April 15 April 16 April 17	Hem

Early Learning Center Month: April 2024

	Menu	1-2	3-5	6-12	Monday	Tuesday	Wednesday	Thursday	Friday
	Item	age	age	age	April 22	April 23	April 24	April 25	April 26
Breakfast	Milk	1/2	3/4	1	Milk	Milk	Milk	Milk	Milk
		cup	cup	cup	Willix	Willix	Will	Willix	
	Fruit	1/4	1/2	1/2	Applesauce	Orange	Pineapple	Mango	Strawberries
	Vegetable	cup	cup	cup		Slices			
	Grains (oz	1/2	-½ S	-1s or	Whole Grain	Kix Cereal	Life Cereal	Cheerios	Corn Chex
	eq)	serving Or ½	or ½	1 .	Waffle Sticks			Cereal	Cereal
		s (1/2	serving (1/2	serving (1					
		oz)	oz)	oz)					
	Add. Food	,	Í	,					
	option								
Lunch	Milk	1/2	3/4	1	Milk	Milk	Milk	Milk	Milk
		cup	cup	cup					
	Vegetable	1/8	1/4	1/2	Cauliflower	Diced	Stewed	Spinach	Carrot Sticks
		cup	cup	cup		Carrots	Tomatoes		(inf/tods-
	- "	1/4	1/4	1/4	D	B	A 1 .	44'	blanched)
	Fruit	CUP	CUP	CUP	Peaches	Pears	Apple	Mixed Fruit	Bananas
	Meat/	1 oz	1 ½	2 oz	DDO Comment	D'I	Slices	Chicken	Cheese
	alternative	1 02	0Z	2 02	BBQ Ground	Diced	Macaroni	Meatballs	Pizza (white
	dileilidilve		02		Turkey	Chicken	and	with	flour dough,
						and Salsa	Cheese	Tomato	tomato
								Sauce	sauce.
								Just	mozzarella
									cheese)
	Grains (oz	½ S	½ S	1 s or	Whole Wheat	Whole	Whole	Whole	White Flour
	eq) `	or ½	or ½	serving	Hamburger	Wheat	Grain	Grain	Dough
		serving (1/2	serving (1/2	(1 OZ)	Bun	Tortilla	Macaroni	Dinner Roll	
		OZ)	OZ)	OL)					
	Add. Food	- /							
	option								
Snack	Fluid	1/2	1/2	1	Water	Milk	Orange	Apple	Water
		cup	cup	cup			Juice	Juice	
	Fruit/	1/2	1/2	3/4					Orange
	vegetable	cup	cup	cup					Slices
	Grains (oz	½ S	½ S	1 s or	Baked Pretzels	Graham	Whole	Saltines	Triscuit
	eq)	or ½ serving	Or serving	serving (1	and Cheddar	Crackers	Grain	and	Crackers
		(1/2	(1/2	oz)	Cheese Slices		Cheddar	Cheddar	
		oz)	oz)	,			Goldfish	Cheese	
			'					Cubes	

Early Learning Center Month: April 2024

	Menu Item	1-2	3-5	6-12	Monday	Tuesday		
	Mello lielli	age	age	age	April 29	April 30		
Breakfast	AA:II.	1/2	³¼ CUP	1	Milk	Milk		
вгеактазт	Milk	CUD	74 CUP	cup	MIIK	MIIK		
	Fruit	1/4	½ cup	1/2	Mandarin	Mixed Berries		
	Vegetable	cup	72 COP	cup	Oranges	Mixed beilles		
	Grains (oz	1/2	-1/2 s or	-1s or	Rice Krispies	Corn Flakes		
	eq)	serving	1/2	1	Cereal	Cereal		
	.,	Or ½ s (1/2	serving (1/2	serving	oc.cu.	oc.cu.		
		0Z)	OZ)	(1 oz)				
	Add. Food	02)	02/	02)				
	option							
Lunch	Milk	1/2	¾ cup	1	Milk	Milk		
2011011		cup		cup	Will	Willix		
	Vegetable	1/8	1/4	1/2	Beets	Diced Tomatoes		
		cup	cup	cup				
	Fruit	1/ ₄ CUP	1/4 cup	¹/₄ cup	Peaches	Mixed Fruit		
	Meat/	1 oz	1 ½ oz	2 oz	Turkey Burger	Grilled Cheese		
	alternative	. 02	. 72 32		loikey boigei	(cheddar cheese,		
						whole grain		
						bread)		
	Grains (oz	½ S	½ s or	1 s or	Whole Grain	Whole Grain		
	eq)	or ½	1/2	serving	Hamburger	Bread		
	.,	serving (1/2	serving (1/2	(1 OZ)	Bun	bicaa		
		OZ)	OZ)	02)	DOII			
	Add. Food	<i>52</i> ₁	<i>UL</i> ₁		Ketchup			
	option							
Snack	Fluid	1/2	½ cup	1	Milk	Water		
		cup		cup				
	Fruit/	1/2	½ cup	3/4				
	vegetable	cup		cup				
	Grains (oz	½ S	½ s or	1 s or	Whole Grain	Flatbread and		
	eq)	or ½ serving	serving (1/2	serving (1	Cinnamon	Hummus		
		(1/2	(1/2 OZ)	oz)	Raisin Bread	(garbanzo beans,		
		oz)	02,	,		tahini, olive oil,		
		-				lemon juice)		