

Early Learning Center
Month: March 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

	Menu Item	1-2 age	3-5 age	6-12 age					March 1 Friday
Breakfast	Milk	½ cup	¾ cup	1 cup					Milk
	Fruit Vegetable	¼ cup	½ cup	½ cup					Bananas
	Grains (Oz eq)	½ s or serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1s or 1 serv (1 oz)					Cornflakes Cereal
	Add. Food option								
Lunch	Milk	½ cup	¾ cup	1 cup					Milk
	Vegetable	1/8 cup or 1 oz	¼ cup	½ cup					Salad (Infants- carrots)
	Fruit	1/8 cup or 1 oz	¼ cup	¼ cup					Orange Slices
	Meat/ alternative	1 oz	1 ½ oz	2 oz					Diced Egg and Shredded Cheddar Cheese
	Grains (oz eq)	½ s or ½ serv (1/2 oz)	½ s or ½ serv (½ oz)	1 s or serv (1 oz)					Whole Grain Dinner Roll
	Add. Food option								Low-Fat Ranch Dressing
Snack	Fluid	½ cup	½ cup	1 cup					Milk
	Fruit/ vegetable	½ cup	½ cup	¾ cup					
	Grains (oz eq)	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1 s or serv (1 oz)					Animal Crackers

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	Menu Item	1-2 age	3-5 age	6-12 age	March 4 Monday	March 5 Tuesday	March 6 Wednesday	March 7 Thursday	March 8 Friday
Breakfast	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Fruit Vegetable	¼ cup	½ cup	½ cup	Blueberries	Mandarin Oranges	Peaches	Orange Slices	Mixed Fruit
	Grains (Oz eq)	½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1s or 1 serv (1 oz)	Whole Grain Waffle Sticks	Rice Chex Cereal	Life Cereal	Corn Chex Cereal	Multi- Grain Cheerios Cereal
	Add. Food option								
Lunch	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	1/4 cup	½ cup	Lima Beans	Peas	Green Beans	Diced Tomatoes	Cauliflower
	Fruit	1/8 cup	¼ cup	¼ cup	Apple Slices	Pineapple	Mango	Pears	Bananas
	Meat/ alternative	1 oz	1 ½ oz	2 oz	Turkey Meatballs and Turkey Gravy	Baked Fish with Bread Crumbs	Baked BBQ Chicken Breast	Grilled Cheese (whole grain bread, cheddar cheese)	Tuna Salad (tuna, light mayo, dill)
	Grains (oz eq)	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1 s or serv (1 oz)	Whole Grain Slider Roll	Whole Grain Dinner Roll	Whole Wheat Hamburger Bun	Whole Grain Bread	Whole Wheat Tortilla
	Add. Food option				Gravy	Ketchup			
Snack	Fluid	½ cup	½ cup	1 cup	Milk	Apple Juice	Water	Water	Water
	Fruit/ vegetable	½ cup	½ cup	¾ cup				Apple Slices	
	Grains (oz eq)	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1 s or serv (1 oz)	Cinnamon Raisin Whole Grain Squares	Pretzels (Infants & Tods- Saltines)	Flatbread and Red Pepper Hummus (Red peppers, garbanzo beans, tahini, olive oil, garlic, lemon juice)	Wheat Crackers	Saltines and Cheddar Cheese Cubes

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	Menu Item	1-2 age	3-5 age	6-12 age	March 11 Monday	March 12 Tuesday	March 13 Wednesday	March 14 Thursday	March 15 Friday
Breakfast	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Fruit Vegetable	¼ cup	½ cup	½ cup	Mandarin Oranges	Apple Slices	Blueberries	Pears	Bananas
	Grains (Oz eq)	½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1s or 1 serv (1 oz)	Cheerios Cereal	Whole Grain Pancakes	Kix Cereal	Rice Krispies	Bran Flakes
	Add. Food option					Light Syrup			
Lunch	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	1/4 cup	½ cup	Corn	Diced Carrots	Broccoli	Beets	Carrot Sticks (inf/tod-blanchd)
	Fruit	1/8 cup	¼ cup	¼ cup	Peaches	Pineapple	Mixed Fruit	Mango	Apple Slices
	Meat/ alternative	1 oz	1 ½ oz	2 oz	Chicken Meatballs with Tomato Sauce	Egg Salad (Diced Hard-boiled egg, mustard, light mayo, dill) HM	Macaroni and Cheese (Macaroni, Cheddar Cheese)	Tuna Melt (Tuna, Cheddar Cheese, English Muffin)	Sliced Turkey
	Grains (oz eq)	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 Oz)	1 s or serv (1 oz)	Whole Grain Slider Roll	Whole Wheat Pita	Whole Grain Macaroni	English Muffin	Rye Bread
	Add. Food option								Mustard
Snack	Fluid	½ cup	½ cup	1 cup	White Grape Juice	Milk	Orange Juice	Water	Water
	Fruit/ vegetable	½ cup	½ cup	¾ cup				Orange Slices	
	Grains (oz eq)	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1 s or serv (1 oz)	Graham Crackers (Infants-Wheat Crackers)	Baked Soft Pretzels	Whole Grain Bean and Veggie Crackers	Townhouse Crackers	Triscuit Crackers and Sliced Cheddar Cheese

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	Menu Item	1-2 age	3-5 age	6-12 age	March 18 Monday	March 19 Tuesday	March 20 Wednesday	March 21 Thursday	March 22 Friday
Breakfast	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	CLOSED	CLOSED
	Fruit Vegetable	¼ cup	½ cup	½ cup	Peaches	Apple Slices	Strawberries		
	Grains (oz eq)	½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1 s or 1 serv (1 oz)	Corn Chex Cereal	Multi-grain Cheerios Cereal	Cheerios Cereal		
	Add. Food option								
Lunch	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk		
	Vegetable	1/8 cup	1/4 cup	½ cup	Lettuce and Diced Tomato	Mashed Potatoes	Lima Beans		
	Fruit	1/8 cup	¼ cup	¼ cup	Mandarin Oranges	Mixed Fruit	Pineapple		
	Meat/ alternative	1 oz	1 ½ oz	2 oz	Ground Turkey with Taco Seasoning and Shredded Cheddar Cheese	Beef Patty	Baked Salmon with olive oil, basil, lemon juice	CLOSED	CLOSED
	Grains (oz eq)	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1 s or serv (1 oz)	Corn Shell Taco	Whole Grain Hamburger Bun	Whole Grain Dinner Roll		
	Add. Food option					Ketchup			
Snack	Fluid	½ cup	½ cup	1 cup	Milk	Water	Orange Juice		
	Fruit/ vegetable	½ cup	½ cup	¾ cup					
	Grains (oz eq)	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1 s or serv (1 oz)	Whole Grain Graham Goldfish	Wheat Thins and Mozzarella Cheese Sticks	Cheez-it Crackers	CLOSED	CLOSED

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	Menu Item	1-2 age	3-5 age	6-12 age	March 25 Monday	March 26 Tuesday	March 27 Wednesday	March 28 Thursday	March 29 Friday
Breakfast	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Fruit	¼ cup	½ cup	½ cup	Blueberries	Orange Slices	Peaches	Pineapple	Bananas
	Vegetable	½ cup	½ cup	½ cup					
	Grains (Oz eq)	½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1 s or 1 serv (1 oz)	Rice Chex Cereal	Whole Wheat Bagels	Life Cereal	Kix Cereal	Whole Grain French Toast
	Add. Food option					Cream Cheese			
Lunch	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	1/4 cup	½ cup	Green Beans	Corn	Carrot Sticks (inf/tod-blanchd)	Broccoli	Lettuce and Tomato
	Fruit	1/8 cup	¼ cup	¼ cup	Mixed Fruit	Pears	Apple Slices	Strawberries	Mixed Fruit
	Meat/ alternative	1 oz	1 ½ oz	2 oz	Tuna Noodle Casserole (tuna, whole wheat penne, cream of mushroom)	Turkey Meatballs with Turkey Gravy	Soy Nut Butter and Mozzarella Cheese Stick	Turkey Sausage Melt (turkey sausage, cheddar cheese, whole grain English muffin)	Chicken Salad (diced chicken, dill, mayo)
	Grains (oz eq)	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2)	1 s or serv (1 oz)	Whole Wheat Penne	Whole Grain Dinner Roll	Whole Wheat Bread	Whole Grain English Muffin	Whole Wheat Bread
	Add. Food option					Turkey Gravy			
Snack	Fluid	½ cup	½ cup	1 cup	Milk	White Grape Juice	Water	Milk	Orange Juice
	Fruit/ vegetable	½ cup	½ cup	¾ cup					
	Grains (Oz eq)	½ s or ½ serv (½ oz)	½ s or ½ serv (½ oz)	1 s or serv (1 oz)	Whole Grain Banana Squares	Animal Crackers	Whole Grain Bean and Veggie Crackers and Cheddar Cheese Cubes	Graham Crackers	Cheez-it Crackers