

Early Learning Center
Month: May 2025

- 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				May 1 Thursday	May 2 Friday
Breakfast	Milk	½ cup	¾ cup	1 cup				Milk	Milk
	Fruit Vegetable	¼ cup	½ cup	½ cup				Pineapple	Bananas
	Grain (oz eq)	½ serving Or ½ slice (1/2 oz)	½ s or ½ serving (1/2 oz)	-1s or 1 serving (1 oz)				Rice Chex Cereal	Whole Grain French Toast Sticks
	Add. Food option								
Lunch	Milk	½ cup	¾ cup	1 cup				Milk	Milk
	Vegetable	1/8 cup	¼ cup	½ cup				Corn	Salad (lettuce, cabbage, carrot inf/tod- lettuce)
	Fruit	1/8 cup	¼ cup	¼ cup				Mango	Apple Slices
	Meat/ alternative	1 oz	1 ½ oz	2 oz				Chicken & Cheese Quesadillas (Diced Chicken, Cheddar Cheese, Taco Seasoning) (HM)	Tuna Salad (Tuna, light mayo, dill)
	Grain (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 Tortilla	Whole Wheat Bread
	Add. Food option								Low-Fat Ranch
Snack	Fluid	½ cup	½ cup	1 cup				Apple Juice	Water
	Fruit/ vegetable	½ cup	½ cup	¾ cup					
	Grain (oz eq)	½ s or ½ serving (1/2 oz)	½ s or ½ serving (1/2 oz)	1 s or serving (1 oz)				Trail Mix (Cheerios, Chex, Corn flakes, Cheez- it crackers) Infants- Cheerios	Saltines and Cheddar Cheese Cubes

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	Menu Item	1-2 age	3-5 age	6-12 age	May 5 Monday	May 6 Tuesday	May 7 Wednesday	May 8 Thursday	May 9 Friday
Breakfast	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Fruit Vegetable	¼ cup	½ cup	½ cup	Applesauce	Strawberries	Peaches	Blueberries	Mango
	Grain (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)	Whole Wheat Bagels	Cornflakes Cereal	Rice Krispies Cereal	Multi-grain Cheerios Cereal	Life Cereal
	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	Peas	Lima Beans	Broccoli	Cauliflower	Carrot Sticks (Infants & Tods-Blanched)
	Fruit	1/8 cup	¼ cup	¼ cup	Pineapple	Apple Slices	Pears	Mixed Fruit	Bananas
	Meat/ alternative	1 oz	1 ½ oz	2 oz	Sweet and Sour Chicken (Diced chicken, sweet and sour sauce)	Sliced Turkey	Scrambled Eggs	Diced Chicken and Chicken Gravy	English Muffin Pizzas (WG English Muffin, Tomato Sauce, Mozzarella Cheese) (HM)
	Grain (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 Dinner Roll	Whole Wheat Tortilla	Whole Wheat Bread	Whole Wheat Rotini Pasta	Whole Grain English Muffin
	Add. Food option					Mustard			
Snack	Fluid	½ cup	½ cup	1 cup	Milk	White Grape Juice	Water	Milk	Water
	Fruit/ vegetable	½` cup	½ cup	¾ cup			Red Pepper Hummus (red peppers, garlic, lemon, olive oil, tahini, garbanzo beans)		
	Grain (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 Cheddar Goldfish	Baked Soft Pretzels	Flatbread	Animal Crackers	Townhouse Crackers and Soy Nut Butter

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	Menu Item	1-2 age	3-5 age	6-12 age	May 12 Monday	May 13 Tuesday	May 14 Wednesday	May 15 Thursday	May 16 Friday
Breakfast	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Fruit Vegetable	¼ cup	½ cup	½ cup	Orange Slices	Strawberries	Pears	Apple Slices	Mixed Fruit
	Grain (oz eq)	½ serving Or ½ s (1/2 oz)	-½ s or ½ serving (1/2 oz)	-1s or 1 serving (1 oz)	Kix Cereal	Cheerios Cereal	Corn Chex Cereal	Whole Grain Pancakes	Bran Flakes Cereal
	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	Beets	Green Beans	Zucchini	Peas, Carrots, Broccoli
	Fruit	1/8 cup	¼ cup	¼ cup	Mixed Fruit	Peaches	Pineapple	Peaches	Orange Slices
	Meat/ alternative	1 oz	1 ½ oz	2 oz	Diced Chicken and Salsa	Beef Patty	Chicken Teriyaki (diced chicken, teriyaki sauce, broccoli)	Cheese Ravioli with Tomato Sauce and Mozzarella Cheese	Pasta Salad (tri-colored rotini, peas, carrots, broccoli, chicken, Italian dressing, cheddar cheese)
	Grain (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 Tortilla	Whole Wheat Hamburger Bun	Whole Grain Dinner Roll	Cheese Ravioli	Tri-colored Rotini
	Add. Food option					Ketchup			
Snack	Fluid	½ cup	½ cup	1 cup	Water	Milk	Apple Juice	Orange Juice	Water
	Fruit/ vegetable	½ cup	½ cup	¾ cup					Bananas
	Grain (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 and Cheddar Cheese Slices	Graham Crackers Goldfish	Banana Multi-grain Squares	Pretzels (infants and tots-Whole Wheat Pita)	Graham Crackers

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	Menu Item	1-2 age	3-5 age	6-12 age	May 19 Monday	May 20 Tuesday	May 21 Wednesday	May 22 Thursday	May 23 Friday
Breakfast	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Fruit Vegetable	¼ cup	½ cup	½ cup	Strawberries	Applesauce	Sliced Cantaloupe	Blueberries	Bananas
	Grain (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)	Corn Flakes Cereal	Whole Grain Croissants	Cheerios Cereal	Rice Chex Cereal	Multi-Grain Cheerios
	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	Stewed Tomatoes	Diced potatoes (potatoes, olive oil, oregano)	Peas	Lima Beans	Cucumber Slices
	Fruit	1/8 cup	¼ cup	½ cup	Pears	Pineapple	Peaches	Mixed Fruit	Apple Slices
	Meat/ alternative	1 oz	1 ½ oz	2 oz	Grilled Cheese	Baked Fish with Bread Crumbs	Chicken and Rice Casserole (chicken, brown rice, cream of chicken)	Turkey Burger	Sliced Turkey
	Grain (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 Bread	Whole Grain Dinner Roll	Brown Rice	Whole Grain Hamburger Bun	Whole Wheat Pita
	Add. Food option					Ketchup		Ketchup	Mustard
Snack	Fluid	½ cup	½ cup	1 cup	Milk	Water	Milk	Apple Juice	ELC CLOSSES AT 12
	Fruit/ vegetable	½ cup	½ cup	¾ cup					
	Grain (oz eq)	½ s or ½ serving (1/2 oz)	½ s or ½ serving (1/2 oz)	1 s or serving (1 oz)	Baked Soft Pretzels	Triscuits and Cheddar Cheese Slices	Whole Wheat Pita and Pineapple Cream Cheese	Animal Crackers	

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	Menu Item	1-2 age	3-5 age	6-12 age	May 26 Monday	May 27 Tuesday	May 28 Wednesday	May 29 Thursday	May 30 Friday
Breakfast	Milk	½ cup	¾ cup	1 cup		Milk	Milk	Milk	Milk
	Fruit Vegetable	¼ cup	½ cup	½ cup	CLOSED	Pineapple	Strawberries	Mixed Fruit	Sliced Honeydew
	Grain (oz eq)	½ serving Or ½ s (1/2 oz)	-½ s or ½ serving (1/2 oz)	-1s or 1 serving (1 oz)		Kix Cereal	Life Cereal	Corn Chex Cereal	Whole Wheat Bagels
	Add. Food option								Cream Cheese
Lunch	Milk	½ cup	¾ cup	1 cup		Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	1/4 cup	½ cup		Yams	Carrot Sticks (inf/tod-blanchd)	Mixed Vegetables	Peas
	Fruit	1/8 cup	¼ cup	¼ cup	CLOSED	Pears	Apple Slices	Peaches	Bananas
	Meat/ alternative	1 oz	1 ½ oz	2 oz		BBQ Chicken Breast	Chicken Salad (diced chicken, mayo, dill)	Chicken Meatballs with Chicken Gravy	Tuna Salad (tuna, dill, light mayo)
	Grain (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 Wheat Bread	Whole Grain Dinner Roll	Whole Wheat Tortilla
	Add. Food option				CLOSED			Gravy	
Snack	Fluid	½ cup	½ cup	1 cup		Water	Orange Juice	White Grape Juice	Milk
	Fruit/ vegetable	½ cup	½ cup	¾ cup					
	Grain (oz eq)	½ s or ½ serving (1/2 oz)	½ s or ½ serving (1/2 oz)	1 s or serving (1 oz)		Townhouse Crackers and Cheddar Cheese Cubes	Cheez-it Crackers	Pretzels (inf/tods-soft pretzels)	Graham Cracker Goldfish