



SPRING 2023



			MON-04/24/2023	TUE-04/25/2023	WED-04/26/2023	THU-04/27/2023	FRI-04/28/2023
BREAKFAST	1-2 yrs	3-5 yrs	Oatmeal	French Toast	Scrambled Eggs	Bagels	Cereal
Milk	½ cup	¾ cup	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Grains or Meat/Meat Alt	½ oz eq		Oatmeal	WW French Toast	Scrambled Eggs	WW Bagels	Multigrain Cheerios
Vegetable and/or Fruit	¼ cup	½ cup	Pears	Unsweetened applesauce	Orange wedges	Blueberries	Apples
Extra					WW Toast	LF Cream Cheese	
LUNCH			Rice and Beans	Beef Lomein	Chicken Nuggets	Spinach Lasagna	Turkey Burgers
Milk	½ cup	¾ cup	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Meat/Meat Alternate	1 oz	1.5 oz	Black Beans	LF Ground Beef	Chicken Nuggets	LF Mozzarella Cheese	LF Ground Turkey
Grain/Bread	½ oz eq		Brown Rice	WW Lomein Noodles	WG Corn Bread	WW Lasagna Noodles	WW Buns
Vegetable	1/8 cup	¼ cup	Roasted Broccoli	Stir-fry vegetables	Cooked peas and carrots	Spinach (1/2 cup)	Baked fries
Vegetable or Fruit	1/8 cup	¼ cup	Cantaloupe	Strawberries	Kiwi	Bananas	Pineapple
Extra							
SNACK			Yogurt & Fruit	Crackers & Cheese	Muffins & Milk	Fruit & Cheese	Crackers & Fruit
Milk	½ cup				1% Milk		
Meat/Meat Alt	½ oz		LF Yogurt	LF Cubed Cheese		LF String cheese	
Grain/Bread	½ oz eq			Ritz crackers	WG Muffins		Triscuits
Vegetable	½ cup						
Fruit	½ cup		Peaches			Tropical fruit cup	Mango

WGR-Whole Grain **WW**- Whole Wheat **LF**-Low Fat **LS**-Low Sodium

Unflavored 1% Milk is served to children ages 2 and older.

Milk alternatives: Soy milk, Lactaid

Water is served at all meal times & available throughout the school day.

