

Weekly Menu

APRIL 14 - 18 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>BREAKFAST Cheerios, fruit, milk</p>	<p>BREAKFAST Cinnamon bread, fruit, milk</p>	<p>BREAKFAST Hash browns, turkey sausage, milk</p>	<p>BREAKFAST Biscuits w/ apple butter, milk</p>	<p>BREAKFAST Special K, fruit, milk</p>
<p>LUNCH Cabbage and turkey kielbasa, fruit, milk</p>	<p>LUNCH Salisbury steak, fruit, green beans, milk</p>	<p>LUNCH Chicken patty sandwich, fruit, peas, milk</p>	<p>LUNCH Cheesy Alfredo, fruit, broccoli, milk</p>	<p>LUNCH Macaroni salad w/ tuna, fruit, carrots, milk</p>
<p>SNACK Goldfish, fruit</p>	<p>SNACK Hummus, Wheat Thins</p>	<p>SNACK Veggie Straws, fruit</p>	<p>SNACK Graham crackers, vanilla Greek Yogurt</p>	<p>SNACK White Cheddar Cheez-its, fruit</p>

PORTION SIZE GUIDELINES

Breakfast for ages 1-2: 4 oz fluid milk; 1/4 cup fruit; 1 oz protein; 1/2 slice, 1/4 cup dry, or 1/4 cup cooked grains

Breakfast for ages 3-5: 6 oz fluid milk; 1/2 cup fruit; 1.5 oz protein; 1/2 slice, 1/3 cup dry, or 1/4 cup cooked grains

Lunch for ages 1-2: 4 oz fluid milk; 1/8 cup vegetable; 1/8 cup fruit; 1 oz protein; 1/2 slice or 1/2 cup grains

Lunch for ages 3-5: 6 oz fluid milk; 1/4 cup vegetable; 1/4 cup fruit; 1.5 oz protein; 1/2 slice or 1/2 cup grains

Snack for all ages: 1/2 cup vegetable; 1/2 cup fruit; 1/2 oz protein; 1/2 slice or 1/2 cup grains