

# Weekly Menu



APRIL 28- MAY 2, 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>BREAKFAST</b> Cornflakes , fruit, milk</p>	<p><b>BREAKFAST</b> Waffles, fruit, milk</p>	<p><b>BREAKFAST</b> Muffins, fruit , milk</p>	<p><b>BREAKFAST</b> Chicken sausage biscuit, milk</p>	<p><b>BREAKFAST</b> Cheerios, fruit, milk</p>
<p><b>LUNCH</b> Spinach Alfredo, garlic bread, mixed veggies, fruit, milk</p>	<p><b>LUNCH</b> Salisbury steak and gravy, fruit, carrots, milk</p>	<p><b>LUNCH</b> Chicken Salad, fruit, green beans, wheat crackers, milk</p>	<p><b>LUNCH</b> Turkey and Cheese Wrap, fruit, broccoli, milk</p>	<p><b>LUNCH</b> Fish fillet, fruit, brown rice, broccoli medley, milk</p>
<p><b>SNACK</b> Goldfish, fruit</p>	<p><b>SNACK</b> Veggie Straws, hummus</p>	<p><b>SNACK</b> Cheese cubes, crackers</p>	<p><b>SNACK</b> Graham crackers, yogurt</p>	<p><b>SNACK</b> Pretzels, 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