

Weekly Menu

APRIL 7 -11 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>BREAKFAST Corn Flakes, fruit, milk</p>	<p>BREAKFAST Waffles, fruit, milk</p>	<p>BREAKFAST Oatmeal, fruit, milk</p>	<p>BREAKFAST Bagels, cream cheese, milk</p>	<p>BREAKFAST Special K, fruit, milk</p>
<p>LUNCH Turkey Joes, fruit, carrots, milk</p>	<p>LUNCH Cheeseburger mac, fruit, green beans, milk</p>	<p>LUNCH Chicken & rice casserole, fruit, peas, milk</p>	<p>LUNCH Veggie nachos (cheese, lettuce, tomatoes, black beans), fruit, milk</p>	<p>LUNCH Cheese grits, turkey sausage, breakfast potatoes, fruit, milk</p>
<p>SNACK String cheese, Club crackers</p>	<p>SNACK Chips, pico de gallo</p>	<p>SNACK Veggie Straws, fruit</p>	<p>SNACK Fig bars, vanilla Greek yogurt</p>	<p>SNACK Chex Mix, 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