

Weekly Menu



MAR 31 - APR 4, 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>BREAKFAST Whole Grain Cheerios, Fresh Fruit, Milk</p> <p>LUNCH Turkey & Cheese Sandwich on Whole Wheat Bread, Carrots, Fresh Fruit, Milk</p> <p>SNACK Veggie Straws, Applesauce, Water</p>	<p>BREAKFAST Cinnamon Bread , Fresh Fruit, Milk</p> <p>LUNCH Whole Wheat Spaghetti w/meat sauce , Green Beans, Fresh Fruit, Milk</p> <p>SNACK Cucumbers, Ranch, Water</p>	<p>BREAKFAST Whole Grain Cheese Grits, Fresh Fruit, Milk</p> <p>LUNCH Chicken Patty Sandwich, Broccoli, Fresh Fruit, Milk</p> <p>SNACK String Cheese Stick, Whole Grain Crackers, Water</p>	<p>BREAKFAST Turkey Sausage, Biscuit, Milk</p> <p>LUNCH Mac n Cheese Whole Grain noodles, Peas, Fresh Fruit, Milk</p> <p>SNACK Fig Bars, Tropical Fruit, Water</p>	<p>BREAKFAST Whole Grain Corn Flakes, Fresh Fruit, Milk</p> <p>LUNCH Fish Patty, Yellow Rice, California Blend, Fresh Fruit, Milk</p> <p>SNACK Trail Mix, Mixed Fresh Fruit, Water</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