

Weekly Menu



MAY 5 - 9, 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>BREAKFAST Special-K, fruit, milk</p>	<p>BREAKFAST Pancakes, fruit, milk</p>	<p>BREAKFAST Cinnamon bread, fruit, milk</p>	<p>BREAKFAST Cheese toast, fruit, milk</p>	<p>BREAKFAST Corn Flakes, fruit, milk</p>
<p>LUNCH Turkey and noodles, fruit, green beans, milk</p>	<p>LUNCH Cheeseburger, fruit, carrots, milk</p>	<p>LUNCH Chicken fried rice, fruit, mixed veggie, milk</p>	<p>LUNCH Cheese quesadilla, fruit, broccoli, milk</p>	<p>LUNCH Tuna salad w/crackers, fruit, corn, milk</p>
<p>SNACK Chex mix, fruit</p>	<p>SNACK Ranch, veggies</p>	<p>SNACK String cheese, Veggie Straws</p>	<p>SNACK Yogurt, Belvita crackers</p>	<p>SNACK Cheezits, 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