

2023-2024 WEEK 1





	Age Group		***************************************	/ . 		
	(3-5)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST		Waffles & Pears	English Breakfast Muffin	Oatmeal & Bananas	Pancakes & Berries	French Toast
Milk	3/4 cup	1% Lowfat Milk	1% Lowfat Milk	1% Lowfat Milk	1% Lowfat Milk	1% Lowfat Milk
Grains or Meat/MA	1/2 oz eq	WGR Waffles	WGR English Muffin with LF Cream Cheese	Warm Oatmeal	WGR Pancakes	WGR French Toast
Vegetable and/or Fruit	1/2 cup	Pears	Fresh Strawberries	Fresh Bananas	Warm Berry Compote	Unsweetened Applesauce
Substitute:		WGR Toast		Grits	English Muffins	Toast
LUNCH		Lentil Soup	Oven-Roasted Turkey	Hungarian Beef Goulash	White Chili Soup**	Shepherd's Pie**
Milk	3/4 cup	1% Low-fat Milk	1% Lowfat Milk	1% Lowfat Milk	1% Low-fat Milk	1% Low-fat Milk
Meat/Meat Alternate	1.5 oz	Lentil Soup	Oven-Roasted Turkey	Diced Lean Beef	Diced Chicken Breast in Soup	Lean Ground Beef
Breads/Grains	1/2 oz eq	WGR Roll	WGR Quinoa	Egg Noodles	WGR Pita Bread	WGR Biscuit
Vegetable	1/4 cup	Steamed Broccoli	Kale/Collard Greens	Carrots	Beans in Chili	Mashed Potatoes, Peas and Carrots
Fruit	1/4 cup	Sliced Peaches	Apple Slices	Pineapple Chunks	Tropical fruit cup	Sliced Apricots
Substitute:			Tofu	Beans	No chix-Xtra beans	Veggie Burger
SNACK		Fruit and Yogurt	Baby Carrots & Crackers	Kice Cakes and Applesauce	Cheese and Crackers	Animal Crackers
Milk	1/2 cup					1% Lowfat Milk
Meat/Meat Alternate	1/2 OZ	LF Yogurt			LF Cheese Stick	
Breads/Grains	1/2 oz eq		WGR Graham Crackers	WGR Rice Cakes	WGR Triscuits	WGR Animal Crackers
Vegetable	1/2 cup		Baby Carrots			
Fruit	1/2 cup	Mandarin Oranges		Unsweetened Applesauce		
Substitute:	***	Triscuits crackers			Fresh Fruit	
	T	* WCD. Whole Crain Rich			* Substitutions are made for shildren with fee	





^{*} WGR - Whole Grain Rich

^{*} LF - Low Fat

^{*} LS - Low Sodium

^{*} Water is freely available throughout the day
* Unflavored 1% Milk is served for children aged 2 years and above.

^{*} Substitutions are made for children with food allergies, dietary restrictions, or religious exemptions.
* Milk Alternatives: Lactaid and Soy Milk



* LS - Low Sodium

WINTER MENU

2023-2024 **WEEK 2**

* Milk Alternatives: Lactaid and Soy Milk

Age Group						
	(3-5)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST		Muffin & Orange	Warm Oatmeal	Corn Chex Cereal	Farina	Hot Breakfast
Milk	3/4 cup	1% Lowfat Milk	1% Lowfat Milk	1% Lowfat Milk	1% Lowfat Milk	1% Lowfat Milk
Grains or Meat/MA	1/2 oz eq	WGR Bran Muffin	WGR Oatmeal	Corn Chex Cereal	Warm Farina	Grits
Vegetable and/or Fruit	1/2 cup	Orange Wedges	Mango Chunks	Blueberries	Bananas	Pear Slices
Substitute:		Cream of Wheat				
LUNCH		Macaroni and Cheese	Home-Made Chicken and Rice Soup**	Italian Pasta Fazool**	Chicken Sandwich	Beef Stir Fry
Milk	3/4 cup	1% Lowfat Milk	1% Low-fat Milk	1% Low-fat Milk	1% Lowfat Milk	1% Lowfat Milk
Meat/Meat Alternate	1.5 OZ	LF Cheese	Diced Chicken Breast	Cannellini beans in Pasta Fazool	Chicken Patty	Beef Stir-Fry
Breads/Grains	1/2 oz eq	WGR Pasta	WGR Brown Rice	WGR Elbow Macaroni in Pasta Fazool	WGR Hamburger buns	WGR Brown Rice
Vegetable	1/4 cup	Steamed Broccoli	Diced Carrots and Celery in Soup	Sauteed Kale	Fresh Green Salad	Stir Fry Vegetables
Fruit	1/4 cup	Diced Peaches	Tropical Fruit Cup	Kiwi Slices	Apricots	Mandarin Oranges
Substitute:		Pasta & Chicken	Tofu		Veggie Burger	Tofu
SNACK		Juice & Crackers	Pretzels and Hummus	Cheese and Pears	Triscuits & Fruit	Apples & Sunbutter
Milk	1/2 cup					
Meat/Meat Alternate	1/2 OZ		Hummus Dip	LF Cheese Sticks		WowButter (Soy Butter)
Breads/Grains	1/2 oz eq	Wheat Thins	Unsalted Pretzels		Triscuit Crackers	
Vegetable	1/2 cup					
Fruit	1/2 cup	100% Fruit Juice		Pear Slices	Mixed Fruit Cup	Apple slices
Substitute:						
**= Recipe Provided	*	* WGR - Whole Grain Rich * LF - Low Fat	* Unflavored whole milk must be served to 1 y		* Substitutions are made for children with for exemptions.	od allergies, dietary restrictions, or religious

* Unflavored 1% Milk is served for children aged 2 years and above.



WINTER MENU 2023-2024 WEEK 3



Dates:

Age Group

	Age Group					
	(3-5)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST		Mini Bagels	Eggs w Rolls	Warm Oatmeal	French Toast & Peaches	Cream of Wheat Cereal
Milk	3/4 cup	1% Lowfat Milk	1% Lowfat Milk	1% Lowfat Milk	1% Lowfat Milk	1% Lowfat Milk
Grains or Meat/MA	1/2 oz eq	WGR Mini Bagel with LF Cream Cheese	Hard Boiled Egg w WGR roll	WGR Oatmeal	WGR French Toast Sticks	Warm Farina
Vegetable and/or Fruit	1/2 cup	Mandarin Oranges	Pineapple Tidbits	Warm Berry Compote	Peaches	Tropical Fruit Cup
Substitute:			No egg-WGR roll only		Toast	
LUNCH		Bean Stew	Turkey Meatloaf**	Beef LoMein *:	Chicken Nuggets	Grilled Cheese and Tomato Soup
Milk	3/4 cup	1% Low-fat Milk	1% Lowfat Milk	1% Lowfat Milk	1% Low-fat Milk	1% Low-fat Milk
Meat/Meat Alternate	1.5 oz	Bean in Stew	Turkey Meatloaf	Lean Beef	CN-Label Chicken Nuggets	LF Cheese
Breads/Grains	1/2 oz eq	WGR Pita Bread	WGR Dinner Roll	WGR Spaghetti	WGR Quinoa/ Millet	WGR Sliced Bread
Vegetable	1/4 cup	Roasted Cauliflower	Roasted Sweet Potatoes	Stir Fry Vegetables	Garlicky Green Beans	LS Homemade Tomato Soup
Fruit	1/4 cup	Diced Peaches	Fresh Apple Slices	Seedless Clementines	Kiwi Slices	Sliced Pears
Substitute:			Tofu	Beans	Veggie Burger Nuggets	Chicken Sandwich
SNACK		Cheese & Crackers	Wheat Thins & Juice	Yogurt & Pineapple	Goldfish and Fruit	Vegetables & Hummus
Milk	1/2 cup					
Meat/Meat Alternate	1/2 OZ	LF Cheese Cubes		LF Yogurt		Hummus Dip
Breads/Grains	1/2 oz eq	WGR Graham Crackers	Wheat Thins		WGR Goldfish	
Vegetable	1/2 cup					Carrot & Celery Strips
Fruit	1/2 cup		100% Juice	Pineapple Chunks	Mixed Fruit Cup	
Substitute:	****	*Milk substitute (Lactaid or Soy)		Pita Triangles		

**= Recipe Provided



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^{*} LF - Low Fat

^{*} LS - Low Sodium

^{*} Unflavored whole milk must be served to 1 year olds

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^{*} Substitutions are made for children with food allergies, dietary restrictions, or religious exemptions.

^{*} Milk Alternatives: Lactaid and Soy Milk



WINTER MENU 2023-2024



Dates: _

WEEK 4

ı	Age Group	1			T 11115.65.417	
	(3-5)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST		Cheerios	Oatmeal & Strawberries	English Muffin	Pancake	Cream of Wheat & Berries
Milk	3/4 cup	1% Lowfat Milk	1% Lowfat Milk	1% Lowfat Milk	1% Lowfat Milk	1% Lowfat Milk
Grains or Meat/MA	1/2 oz eq	WGR Cheerios Cereal	WGR Oatmeal	WGR English Muffin with Fruit Preserves	WGR Pancake	Cream of Wheat
Vegetable and/or Fruit	1/2 cup	Apricot Slices	Strawberries	Pineapple Chunks	Fresh Banana	Blueberries
Substitute:					Kix Cereal	
LUNCH		Broccoli Cheddar Soup**	Sausage & Peppers	Egyptian Mahshi Bowl**	Roast Pork & Polenta	Cheese Pizza
Milk	3/4 cup	1% Lowfat Milk	1% Low-fat Milk	1% Low-fat Milk	1% Low-fat Milk	1% Low-fat Milk
Meat/Meat Alternate	1.5 oz	LF Cheddar	Lean Turkey Sausage	Lean Ground Beef in Rice	Roasted Pork	Low fat Xtra Cheese Pizza
Breads/Grains	1/2 oz eq	WGR Roll	WGR Spaghetti	WGR Brown Rice	Whole Grain Polenta	WGR Crust
Vegetable	1/4 cup	Broccoli	Bell Peppers	Shredded Cabbage	Green Beans	Tossed Salad (Let & Tom)
Fruit	1/4 cup	Sliced Peaches	Sliced Pears	Mixed Fruit	Apple Slices	Orange Wedges
Substitute:		Tofu Vegan Alfredo & Broccoli Soup	Veggie Burger	Beans	Tofu	Chicken Sandwich
SNACK		Mixed Fruit & Crackers	Crackers & Milk	Rice Cake & Applesauce	Wowbutter & Pita Crackers	Juice & Crackers
Milk	1/2 cup					
Meat/Meat Alternate	1/2 OZ		1% Milk		Wowbutter	
Breads/Grains	1/2 oz eq	Unsalted Pretzels	WGR Animal Crackers	WGR Rice Cake	Pita Crackers	Wheat Thin Crackers
Vegetable	1/2 cup					
Fruit	1/2 cup	Mixed Fruit		Unsweetened Applesauce		100% Juice
Substitute:	***					



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