

April-2021

Breakfast: 1-2 3-5 6-12
 Milk 1/2 c 3/4 c 1 c
 Fruit, Veg or both 1/4 c 1/2 c 1/2 c
 Grains/Breads 1/2 oz eq 1/2 oz eq 1 oz eq
 Dry Cereal 1 oz
 Meat/Meat Alt. 1/2 oz 1/2 oz 1 oz
 *Select 2 of the 5 components

Lunch: 1-2 3-5 6-12
 Milk 1/2 c 3/4 c 1 c
 Grains/Breads 1/2 oz eq 1/2 oz eq 1 oz eq
 Pasta/Noodles 1/4 c
 Fruit 1/8 c 1/4 c 1/4 c
 Vegetables 1/8 c 1/8 c 1/2 c
 Meat/Meat Alt. 1 oz. 1.5 oz. 2 oz.

PM Snack: 1-2 3-5 6-12
 Milk 1/2 c 1/2 c 1 c
 Fruit 1/2 c 1/2 c 1/2 c
 Vegetable 1/2 c 1/2 c 3/4 c
 Grains/Breads 1/2 oz eq 1/2 oz eq 1 oz eq
 Meat/Meat Alt. 1/2 oz 1/2 oz 1 oz
 *Select 2 of the 5 components

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
BR -	BR -	BR -	BR - Berry Cheerios/Bananas/Milk	BR - Blueberry Bagels/Cream Cheese/Apples/Milk
LN -	LN -	LN -	LN - Pancakes/Turkey Bacon. Cucumbers/Mandarin Oranges/Milk	LN - PBJ on WW/Celery/Fruit Cocktail/Milk
SN -	SN -	SN -	SN - PB Crackers/Milk	SN - Animal Crackers/Milk
5	6	7	8	9
BR - Muffins/Blueberries/Milk	BR - Chex Cereal/Bananas/Milk	BR - Life Cereal/Apples/Milk	BR - Cheerios/Oranges/Milk	BR - WW English Muffins/Bananas/Milk
LN - Tacos/Salad/Mandarin Oranges/Milk	LN - Grilled Ham and Cheese on WW/Celery/Pineapple/Milk	LN - PBJ on WW/Cucumbers/Fruit Cocktail/Milk	LN - Beef Nachos/Green Beans/Peaches/Milk	LN - Turkey and Cheese on WW/Carrots/Pears/Milk
SN - Goldfish/Milk	SN - Buttery Round Crackers/Milk	SN - Graham Crackers/Milk	SN - Saltines/Milk	SN - Pretzels/Milk
12	13	14	15	16
BR - Muffins/Bananas/Milk	BR - WW Toast with Jelly/Strawberries/Milk	BR - French Toast Sticks/Oranges/Milk	BR - Blueberry Bagels/Cream Cheese/Apples/Milk	BR - Cheerios/Blueberries/Milk
LN - Chicken Patty on WW/Green Beans/Pineapple/Milk	LN - Beef Hot Dog on WW Bun/Cucumbers/Mandarin Oranges/Milk	LN - Cheese Ravioli/WW Roll/Celery/Apple Sauce/Milk	LN - PBJ on WW/Salad/Peaches/Milk	LN - Ham and Cheese on WW/Carrots/Fruit Cocktail/Milk
SN - Tortilla Chips and Salsa/Milk	SN - PB Crackers/Milk	SN - Cheese Crackers/Milk	SN - Animal Crackers/Milk	SN - Jello Cups/Cheese Sticks/Milk
19	20	21	22	23
BR - Muffins/Oranges/Milk	BR - Cheerios/Apples/Milk	BR - Chex Cereal/Bananas/Milk	BR - Life Cereal/Blueberries/Milk	BR - Blueberry Bagels/Cream Cheese/ Strawberries/Milk
LN - Rotini with Meat Sauce/WW Roll/Green Beans/ Mandarin Oranges/Milk	LN - Sloppy Jo's on WW Bun/Celery/Pineapple/Milk	LN - Grilled Turkey and Cheese on WW/Cucumber/Applesauce/Milk	LN - Beef Hot Dog on WW Bun/Corn/Furit Cocktail/Milk	LN - PB and J on WW/Carrots/Peaches/Milk
SN - Graham Crackers/Milk	SN - Goldfish/Milk	SN - Tortilla Chips/Salsa/ Milk	SN - Jelo Cups/ Cheese Sticks/Milk	SN - Saltine Crackers/Milk
26	27	28	29	30
BR - Muffins/Apples/Milk	BR - WW Toast with Jelly/Blueberries/Milk	BR - French Toast Sticks/Bananas/Milk	BR - Blueberry Bagels/Cream Cheese/ Oranges/Milk	BR - Cheerios/Strawberries/Milk
LN - Chicken Strips/WW Roll/Corn/Applesauce/Milk	LN - Mac n Cheese/WW Roll/Hardboiled Egg/ Salad/Pineapple/Milk	LN - Waffles/Turkey Bacon/Cucumbers/Mandarin Oranges/Milk	LN - Roast Beef and Cheese Rollups/Celery/Peaches/Milk	LN - Mini Meatballs/WW Roll/Green Beans/Pears/Milk
SN - Buttery Round Crackers/ Milk	SN - PB Crackers/Milk	SN - Pretzels/Milk	SN - Cheese Crackers/Milk	SN - Animal Crackers/Milk

Menu is subject to change.

This institution is an equal opportunity provider.

Whole Milk = Children under 24 months
 Skim Milk = Children over 24 months
 WG = Whole Grain / WW = Whole Wheat