

SPRING MENU



2021
WEEK 1



Dates: _____

	Age Group		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	(1-2)	(3-5)					
BREAKFAST			Kickin' Kix	Hot Cereal	Warm Toast	Cold Cereal	High Protein
Beverage	1/2 cup	3/4 cup	1% Milk and Water*	1% Milk and Water*	1% Milk and Water*	1% Milk and Water*	1% Milk and Water*
Grains or Meat/MA	1/2 oz eq		Kix Cereal	Cinnamon Oatmeal	French Toast	WGR Cheerios	Scrambled Eggs and WGR Toast
Vegetable and/or Fruit	1/4 cup	1/2 cup	Mixed Fruit	Fresh Banana	Unsweetened Applesauce	Mixed Berries	Tropical Fruit
<i>Substitute</i>					<i>WGR Toast</i>		<i>WGR Cereal</i>
LUNCH			Bean Stew and Rice	Chicken and Biscuit	Turkey Meatloaf	Lasagna 	Gone Fishin'
Beverage	1/2 cup	3/4 cup	1% Milk and Water*	1% Milk and Water*	1% Milk and Water*	1% Milk and Water*	1% Milk and Water*
Meat/Meat Alternate	1 oz	1.5 oz	Black Bean Stew	Baked Chicken Tenders	LF Ground Turkey in Meatloaf	Lean Ground Beef and LF Mozzarella Cheese in Lasagna	Baked Fish
Breads/Grains	1/2 oz eq		WGR Brown Rice	WGR Biscuit	Seasoned Egg Noodles	WGR Lasagna Noodles	Flavorful Couscous
Vegetable	1/8 cup	1/4 cup	Steamed Broccoli	Red Cabbage and Carrot Slaw	Garlicky Green Beans	Fresh Green Salad with HM Italian Dressing	Sweet Potato Fries
Fruit	1/8 cup	1/4 cup	Mandarin Oranges	Fresh Apricots	Fresh Orange Wedges	Sliced Peaches	Diced Pears
<i>Substitute</i>						<i>Pasta with Meatballs</i>	<i>Chicken Nuggets</i>
SNACK			Crackers and Juice	Sticks and Sticks	Blueberry Parfaits	Apples and Crackers	Crackers and Fresh Fruit
Beverage	1/2 cup		Water	Water	Water	Water	Water
Meat/Meat Alternate	1/2 oz			LF Mozzarella Cheese	LF Vanilla Yogurt		
Breads/Grains	1/2 oz eq		Graham Crackers		WGR Loose Granola	WGR Cheez It Crackers	Wheat Thins
Vegetable	1/2 cup			Fresh Celery with HM Ranch Dip			
Fruit 	1/2 cup		100% Fruit Juice		Fresh Blueberries	Fresh Apple Slices	Fresh Honeydew Melon
<i>Substitute</i>				<i>WGR Crackers</i>			



* WGR - Whole Grain Rich
* L.F. - Low Fat
* L.S. - Low Sodium

* Unflavored whole milk must be served to 1 year olds
* Unflavored 1% Milk are served for children aged 2 years and above.
* Please note: Foods will be served as family style.
* Substitutions are made for those who have allergies, dietary restrictions or religious exemptions.
* Milk Alternatives: Lactaid and Soy Milk
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WEEK 2



Dates: _____

	Age Group		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	(1-2)	(3-5)					
BREAKFAST			Hot Cereal	Bagels	Muffins	Waffles	Cold Cereal
Beverage	1/2 cup	3/4 cup	1% Milk and Water*	1% Milk and Water*	1% Milk and Water*	1% Milk and Water*	1% Milk and Water*
Grains or Meat/MA	1/2 oz eq		WGR Cream of Wheat	WGR Mini Bagels with Fruit Preserves	WGR Blueberry Muffin	WGR Waffles	WGR Bran Flakes
Vegetable and/or Fruit	1/4 cup	1/2 cup	Sliced Peaches	Fresh Cantaloupe	Fresh Pear Slices	Fresh Banana	Mixed Fruit
<i>Substitute:</i>					<i>WGR English Muffin</i>	<i>WGR Toast</i>	
LUNCH			Macaroni and Cheese	Arroz con Pollo	Ropa Vieja	Salmon Teriyaki 	Turkey Burgers
Beverage	1/2 cup	3/4 cup	1% Milk and Water*	1% Milk and Water*	1% Lowfat Milk*	1% Milk and Water*	1% Milk and Water*
Meat/Meat Alternate	1 oz	1.5 oz	LF Cheddar Cheese	Seasoned Chicken	Braised Beef Stew	Baked Salmon Teriyaki	90% Lean Turkey Burgers
Breads/Grains	1/2 oz eq		WGR Pasta	WGR Yellow Rice	WGR Shell Pasta	WGR Brown Rice	WGR Buns
Vegetable	1/8 cup	1/4 cup	Roasted Cauliflower	Sauteed Cabbage	Roasted Parsnips and Carrots	Shelled Edamame	Fresh Salad
Fruit	1/8 cup	1/4 cup	Mixed Fruit	Diced Pineapples	Fresh Pear Slices	Mixed Berries	Fresh Plums
<i>Substitute:</i>			<i>Chicken Nuggets</i>			<i>Bean Stew</i>	
SNACK			Crackers and Juice	Cheese and Pita	Yogurt Parfait	Rice Cakes	Melons
Beverage	1/2 cup		Water	Water	Water	Water	Water
Meat/Meat Alternate	1/2 oz			LF Cheese Cubes	LF Vanilla Yogurt		
Breads/Grains	1/2 oz eq		WGR Triscuit Crackers	WGR Toasted Garlic Flatbread Triangles		WGR Rice Cakes	WGR Hard Breadsticks
Vegetable	1/2 cup						
Fruit	1/2 cup		Fresh Apricots		Fresh Strawberries	Fresh Orange Wedges	Fresh Melons
<i>Substitute:</i>							



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WEEK 3



Dates: _____

	Age Group		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	(1-2)	(3-5)					
BREAKFAST			Hot Cereal	English Muffin	Pancakes	Cold Cereal	Breakfast Sandwich
Beverage	1/2 cup	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 Cinnamon Oatmeal	WGR English Muffin	WGR Pancake	WGR Corn Chex	L.S Turkey Sausage Pattie and WGR English Muffin
Vegetable and/or Fruit	1/4 cup	1/2 cup	Fresh Diced Apples	Fresh Banana Slices	Fresh Blueberries	Mixed Berries	Freshy Cantaloupe
<i>Substitute:</i>					WGR Cereal		
LUNCH			Tuna Melt Sandwiches	Spaghetti and Meatbals	Three Bean Chilli Soup	Jamaican Chicken Curry 	Cheese Quesidillas
Beverage	1/2 cup	3/4 cup	1% Milk and Water*	1% Milk and Water*	1% Milk and Water*	1% Milk and Water*	1% Lowfat Milk*
Meat/Meat Alternate	1 oz	1.5 oz	Tuna Melt with LF Cheese	90% Lean Meatballs	Three Bean Chilli Soup	Chicken Curry	LF Cheese
Breads/Grains	1/2 oz eq		WGR Flatbread	WGR Spaghetti	WGR Garlic Bread	WGR Peas and Rice	WGR Tortilla
Vegetable	1/8 cup	1/4 cup	Fresh Sliced Bell Peppers	Sauteed Swiss Chard	Steamed Broccoli	Sauteed Cabbage	Corn, Avocado, and Tomato Salad
Fruit	1/8 cup	1/4 cup	Mandarin Oranges	Mixed Fruit	Diced Peaches	Honeydew Melon	Green Apples
<i>Substitute:</i>			Grilled Cheese				LS Turkey Wrap
SNACK			Homemade Muffins	Carrot and Dip	Apples and Crackers	Fruit and Cheese Kabobs	Crackers and Fruit
Beverage	1/2 cup		1% Milk and Water*	Water	Water	Water	Water
Meat/Meat Alternate	1/2 oz				WGR Cheez It Crackers	LF Cheese Cubes	
Breads/Grains	1/2 oz eq		WGR Muffins	Townhouse Crackers			WGR Graham Crackers
Vegetable	1/2 cup			Carrot Sticks with Dip	Fresh Apple Slices		
Fruit	1/2 cup					Cubed Fruit for Kebabs	Mixed Fruit Cup
<i>Substitute:</i>						WGR Crackers	



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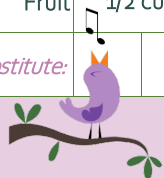
SPRING MENU

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WEEK 4



Dates: _____

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	(1-2)	(3-5)					
BREAKFAST			Cold Cereal	Bagels	Muffins	Warm Toast	Pancakes
Beverage	1/2 cup	3/4 cup	1% Milk and Water*	1% Milk and Water*	1% Milk and Water*	1% Milk and Water*	1% Milk and Water*
Grains or Meat/MA	1/2 oz eq		WGR Kix Cereal	WGR Mini Bagels with Fruit Preserves	Blueberry Muffin	WGR Toast	WGR Golden Pancake
Vegetable and/or Fruit	1/4 cup	1/2 cup	Fresh Apple Slices	Peach Slices	Fresh Pear Slices	Fresh Diced Cantaloupe	Fresh Strawberries
<i>Substitute:</i>					WGR English Muffin		WGR Cereal
LUNCH			Vegetarian Baked Ziti	Lentil Soup	Fish Tacos	Adobo Chicken 	Roasted Turkey Sandwich
Beverage	1/2 cup	3/4 cup	1% Milk and Water*	1% Lowfat Milk*	1% Milk and Water*	1% Milk and Water*	1% Lowfat Milk*
Meat/Meat Alternate	1 oz	1.5 oz	LF Mozzarella Cheese	Lentil Soup	Baked Fish Sticks	Adobo Chicken	LS Hot Sliced Turkey Breast
Breads/Grains	1/2 oz eq		WGR Ziti Pasta	WGR Garlic Bread	WGR Soft Taco Shells	WGR Brown Rice	WGR Sliced Bread
Vegetable	1/8 cup	1/4 cup	Roasted Parsnips and Carrots	Vegetables in Lentil Soup	Shredded Lettuce and Tomatoes	Creamed Spinach	Fresh Green Salad
Fruit	1/8 cup	1/4 cup	Fresh Blueberries	Mandarin Oranges	Fresh Strawberries	Mixed Fruit	Dices Mangoes
<i>Substitute:</i>			Diced Chicken				
SNACK			Muffins	Carrots and Cheese	Crackers and Fruit	Vegs and Cheese	Crackers and Fruit
Beverage	1/2 cup		Water	Water	Water	Water	Water
Meat/Meat Alternate	1/2 oz			LF Cheese Cubes		LF Mozzarella Cheese Sticks	
Breads/Grains	1/2 oz eq		WGR Bran Muffins		WGR Triscuit Crackers		WGR Graham Crackers
Vegetable	1/2 cup			Baby Carrots with LF Ranch Dip		Fresh Cucumber Slices	
Fruit	1/2 cup		Fresh Clementines		Fresh Apricots		100% Fruit Juice
<i>Substitute:</i>			Animal Crackers				



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