SPRING 2023 MENU

Week 5

Dates: May 1-May 5 2023

Substitutions may happen

	Ages 1-2	Ages 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST			**Cold Cereal**	**Hot Cereal**	**Raisin Bread**	**Warm Muffins**	**Cold Cereal**
Milk	1/2 cup	3/4 cup	1% Low-fat Milk	1% Low-fat Milk	1% Low-fat Milk	1% Low-fat Milk	1% Low-fat Milk
Grains or Meat/MA	1/2 oz eq		Cheerios	WGR Cinnamon Oatmeal	Raisin Bread with fruit preserve	Blueberry Muffin	WGR Rice Chex Cereal
Vegetable and/or Fruit	1/4 cup	1/2 cup	Fresh Apples	Fresh Banana	Pineapple	Unsweetend Applesauce	Fresh Orange
Extra:	1/2	3/4					
Substitute:			*milk alternative*	*milk alternative*	*milk alternative*	*milk alternative; WGR Toast*	*milk alternative*
LUNCH			**Lentils & Rice**	**Chicken Salad Sandwich**	**Pasta and Meatballs**	**Turkey & Cheese Sandwich**	**Chicken Fajitas**
Milk	1/2 cup	3/4 cup	1% Low-fat Milk	1% Low-fat Milk	1% Low-fat Milk	1% Low-fat Milk	1% Low-fat Milk
Meat/Meat Alternate	1 oz	1.5 oz	Lentils	Chicken salad	Lean Beef Meatballs in Marinara Sauce	Turkey & Cheese	Grilled Chicken
Breads/Grains	1/2 oz eq		WGR Brown Rice	Crossiant	WGR Farfalle pasta	WGR Bread	WGR Tortillas
Vegetable	1/8 cup	1/4 cup	Steamed Carrots	Mixed Green Salad	Mixed Vegetables	Fresh Spinach Salad	Lettuce/Tomatoes
Fruit	1/8 cup	1/4 cup	Honeydew Melon	Fresh Pears	Banana	Diced Peaches	Sweet Cantaloupe
Substitute:			*milk alternative*	*milk alternative*	*milk alternative; tofu*	*milk alternative; Veggie patty*	Beans
SNACK			**Pita & Homemade Salsa Dip**	**Fruit & Yogurt**	**Pretzels & Fruit**	**Fruit & Cheese**	**Fruit & Egg Activity**
Milk	1/2 cup						
Meat/Meat Alternate	1/2 oz			LF Yogurt		LF Cheese Cubes	Hard Boiled Egg
Breads/Grains	1/2 oz eq		WGR Pita bread Squares		WGR Pretzels		
Vegetable	1/2 cup		Tomato/Cucumber salad				
Fruit	1/2 cup			Diced Peaches	Mixed Fruit	Grapefruit	Watermelon
Substitute:				*WGR rice cakes*		*Cucumber slices*	*WGR Graham Crackers*

**= Recipe Provided

* WGR - Whole Grain Rich
* LF - Low Fat
* LS - Low Sodium

* Unflavored whole milk must be served to 1 year olds
* Unflavored 1% Milk is served for children aged 2 years and above.
* Water is to be made available throughout the day

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