SPRING 2023 MENU

Week 7

Dates: May 15-19 2023

Substitutions may happen

	Ages 1-2	Ages 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST			**Cold Cereal**	**Oatmeal**	**WGR Pancakes**	**Blueberry Muffin**	**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		Corn Flakes	WGR Cinnamon Oatmeal	WGR Pancakes	Blueberry Muffin	WGR Wheaties Cereal
Vegetable and/or Fruit	1/4 cup	1/2 cup	Grapefruit	Apple slices	Banana	Clemintines	Apple slices
Extra	1/2	3/4					
Substitute:			*milk alternative*	*milk alternative*	*WGR Bagel; milk alternative*	*milk alternative; WGR Toast*	*milk alternative*
LUNCH			**Beans & Rice**	**Chicken Pita Sandwich**	**Beef Lo Mein**	**Turkey & Cheese Sandwich**	**Chicken Tacos**
Milk	1/2 cup	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 oz	1.5 oz	Pinto Beans	Grilled Chicken	Beef Lo Mein	Turkey & Cheese	Grilled Chicken
Breads/Grains	1/2 oz eq		WGR Brown Rice	WGR Pita Bread	WGR Noodles	WGR Bread	Taco Shell
Vegetable	1/8 cup	1/4 cup	Mixed Vegetables	Lettuce/Tomatoes	Broccoli	Cucumber slices	lettuce/tomatoes
Fruit	1/8 cup	1/4 cup	Orange	Fresh Pears	Honeydew Melon	Watermelon	Pineapples
Substitute:			*milk alternative*	*milk alternative; Veggie paggies*	*milk alternative; beans (3/8 cup)*	*milk alternative; chicken tenders*	*milk alternative; Turkey sandwich*
SNACK			**Sticks & Fruit**	**Fruit & Yogurt**	**Graham Crackers and Fruit**	**String Cheese & Crackers**	**Egg Activity & Juice**
Milk	1/2 cup						
Meat/Meat Alternate	1/2 oz			LF Yogurt		LF String Cheese	Hard Boiled Egg
Breads/Grains	1/2 oz eq		Breadsticks		Graham Crackers		
Vegetable	1/2 cup						
Fruit	1/2 cup		Mixed Fruit	Peach slices	Fresh Fruit Salad	Diced Pears	100% Pineapple Juice
Substitute:				*corn salad*		*tomato/cucumber salad*	

**= 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