



# Winter Menu

Menu 4

2023 -2024

Week 8



January 22-26,  
2024

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

BREAKFAST		3-5 yrs	Cereal	Hot Cereal	French Toast	English Muffin	Waffles
Milk		¾ cup	1% Lowfat Milk*	1% Lowfat Milk*	1% Lowfat Milk*	1% Lowfat Milk*	1% Lowfat Milk*
Grains or Meat/Meat Alt		½ oz eq	Special K Cereal	Farina	WGR French Toast	WW English Muffin w/ fruit preserve	WGR Waffles
Vegetable and/or Fruit		½ cup	Pear slices	Peach slices	Banana	Sliced Apricots	Mixed Fruit
Substitute			milk alternative	milk alternative	milk alternative	milk alternative	milk alternative, WGR toast w/ fruit preserve
LUNCH			Beans & Rice	Hamburger	Chicken w/Rice/Arroz Con Pollo	Pasta & Meatballs	Chicken Tenders
Milk		¾ cup	1% Lowfat Milk*	1% Lowfat Milk*	1% Lowfat Milk*	1% Lowfat Milk*	1% Lowfat Milk*
Meat/Meat Alternate		1.5 oz	White Beans	Lean Beef Burger	Chicken	Lean beef meatballs	Chicken Tenders
Grain/Bread		½ oz eq	Brown Rice	WW Bun	Brown Rice	WGR Bowtie/farfalle pasta	Dinner roll
Vegetable		¼ cup	Green Peas	Salad	Carrots	Broccoli	Sweet Potato Fries
Vegetable or Fruit		¼ cup	Plantains	Tropical Fruit Mix	Diced Pineapple	Mandarin	Honeydew Melon
Substitute			milk alternative	milk alternative	milk alternative	milk alternative, no tomato sauce, Chicken or turkey	milk alternative
SNACK			Cheese & Fruit	Crackers & Fruit	Yogurt & Fruit	Muffins & Fruit	Goldfish & Juice
Milk		½ cup					
Meat/Meat Alt		½ oz	Cheese cubes		LF Yogurt		
Grain/Bread		½ oz eq		WGR Animal Crackers		Blueberry Muffin	Goldfish
Vegetable		½ cup					
Fruit		½ cup	Apple slices	Orange	Cantaloupe	Peach slices	Apple Juice
Substitute			WGR Crackers		tropical fruit mix	Graham crackers	WGR pretzels

WGR-Whole Grain WW- Whole Wheat

Unflavored 1% Milk is served to children ages 2 and older.

Milk alternatives: Soy milk, Lactaid

Water is served at all meal times & available throughout the school day.

Substitutions are made for children with food allergies, dietary restrictions, or religious exemptions.

**Substitutions may happen**