



Spring Menu

2023-2024
Week 3

Menu 3



March 18-22, 2024

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

BREAKFAST	3-5 yrs	<i>Cereal</i>	<i>Hot Cereal</i>	<i>Waffles</i>	<i>Pancakes</i>	<i>Muffins</i>
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	Kix Cereal	Oatmeal	WGR Waffles	WGR Pancakes	Blueberry Muffin
Vegetable and/or Fruit	½ cup	Apple slices	Peach slices	Banana	Honeydew Melon	Pear Slices
<i>Substitute</i>		<i>milk alternative</i>	<i>milk alternative</i>	<i>milk alternative, cereal</i>	<i>milk alternative, WGR toast</i>	<i>Milk alternative, Cereal</i>
LUNCH		<i>Beans & Rice</i>	<i>Hamburger</i>	<i>Chicken & Rice with Gandules</i>	<i>Pasta w/ Meatballs</i>	<i>Grilled Cheese</i>
Milk	¾ cup	1% Lowfat Milk*	1% Lowfat Milk*	1% Lowfat Milk*	1% Lowfat Milk*	1% Lowfat Milk*
Meat/Meat Alternate	1.5 oz	Kidney Beans	Hamburger	Chicken	Meatballs	Cheese
Grain/Bread	½ oz eq	Brown Rice	WW Bun	Brown Rice w/ Gandules	WGR Spaghetti	WW Bread
Vegetable	¼ cup	Carrots	Mesclun Salad	Cauliflower & Broccoli Winter mix	Green Beans	Sliced Tomatoes
Vegetable or Fruit	¼ cup	Pear slices	Tropical Fruit Mix	Mandarin slices	Mixed Fruit	Apple slices
<i>Substitute</i>		<i>milk alternative</i>	<i>milk alternative, salad, no tomatoes</i>	<i>milk alternative, no tomato sauce, Chicken</i>	<i>milk alternative</i>	<i>milk alternative, turkey</i>
SNACK		<i>Pretzels & Fruit</i>	<i>Yogurt & Fruit</i>	<i>Veggies & Hummus</i>	<i>Cheese & Fruit</i>	<i>Breadsticks & Juice</i>
Milk	½ cup					
Meat/Meat Alt	½ oz		LF Yogurt	Hummus	LF String Cheese	
Grain/Bread	½ oz eq	WGR Pretzels				WW Breadsticks
Vegetable	½ cup			Cucumber slices		
Fruit	½ cup	Cantaloupe	Fresh Blueberries		Apricots	Grape Juice
<i>Substitute</i>			<i>no yogurt</i>	<i>mixed fruit</i>	<i>WGR crackers</i>	

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