



Spring Menu

2023-2024
Week 1



April 29, 2024-
May 3, 2024

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

BREAKFAST		3-5 yrs	<i>Cereal</i>	<i>Hot Cereal</i>	<i>Toast</i>	<i>Bagel</i>	<i>Pancakes</i>
Milk	¾ cup	1% Lowfat Milk*	1% Lowfat Milk*	1% Lowfat Milk*	1% Lowfat Milk*	1% Lowfat Milk*	1% Lowfat Milk*
Grains or Meat/Meat Alt	½ oz eq	Multigrain Cheerios Cereal	Oatmeal	WW Toast w/ fruit preserve	WW Bagel w/ cream cheese	WGR Pancakes	
Vegetable and/or Fruit	½ cup	Peach slices	Fresh Blueberries	Honeydew Melon	Mango	Unsweetened Applesauce	
<i>Substitute</i>		<i>milk alternative</i>	<i>milk alternative</i>	<i>milk alternative</i>	<i>milk alternative, fruit preserve</i>	<i>milk alternative, Cereal</i>	
LUNCH			<i>Black beans & Rice</i>	<i>Meatball Sandwich</i>	<i>Turkey Roast</i>	<i>Chicken Fajitas</i>	<i>Grilled Cheese</i>
Milk	¾ cup	1% Lowfat Milk*	1% Lowfat Milk*	1% Lowfat Milk*	1% Lowfat Milk*	1% Lowfat Milk*	1% Lowfat Milk*
Meat/Meat Alternate	1.5 oz	Black Beans	Lean Beef Meatballs	Turkey Roast	Grilled Chicken w/ cheese	Cheese	
Grain/Bread	½ oz eq	Brown Rice	WW Hero Bun	WGR Dinner Roll	Flour Tortillas	WGR Bread	
Vegetable	¼ cup	Carrots	Mixed Vegetables	Diced Potatoes	Stir Fry Vegetables	Spinach & Tomato Salad	
Vegetable or Fruit	¼ cup	Apple Slices	Sliced Apricots	Mandarin	Pineapple	Pear slices	
<i>Substitute</i>		<i>milk alternative</i>	<i>milk alternative</i>	<i>milk alternative</i>	<i>milk alternative, no tomato sauce, no cheese</i>	<i>milk alternative, turkey</i>	
SNACK			<i>Crackers & Fruit</i>	<i>Cheese & Fruit</i>	<i>Yogurt & Fruit</i>	<i>Veggies & Hummus</i>	<i>Breadsticks & Juice</i>
Milk	½ cup						
Meat/Meat Alt	½ oz		LF String Cheese	LF Yogurt	Hummus		
Grain/Bread	½ oz eq	WGR Crackers					WGR Breadsticks
Vegetable	½ cup				Carrot sticks		
Fruit	½ cup	Pear slices	Orange slices	Banana			Orange Juice
<i>Substitute</i>		<i>WGR Crackers</i>	<i>Cereal</i>		<i>Mixed fruit</i>		<i>WGR Pretzels</i>

WGR-Whole Grain WW- Whole LF-Low Fat LS-Low Sodium

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