



Winter Menu

2024-2025
Week 4



January 20-24,
2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

BREAKFAST		3-5 yrs	<i>Cereal</i>	<i>Hot Cereal</i>	<i>French Toast</i>	<i>English Muffin</i>	<i>Waffles</i>
Milk	¾ cup			1% Lowfat Milk*	1% Lowfat Milk*	1% Lowfat Milk*	1% Lowfat Milk*
Grains or Meat/Meat Alt	½ oz eq			Farina	WGR French Toast	WW English Muffin w/ fruit preserve	WGR Waffles
Vegetable and/or Fruit	½ cup			Peach slices	Banana	Sliced Apricots	Mixed Fruit
<i>Substitute</i>							<i>WGR toast w/ fruit preserve</i>
LUNCH			School Closed Martin Luther King Jr. Day	<i>Hamburger</i>	<i>Eggs on a Roll</i>	<i>Japanese Chicken Stir Fry</i>	<i>Pasta & Meatballs</i>
Milk	¾ cup	1% Lowfat Milk*		1% Lowfat Milk*	1% Lowfat Milk*	1% Lowfat Milk*	
Meat/Meat Alternate	1.5 oz	Lean Beef Burger		HB Eggs	Chicken Strips	Ground Beef Meatballs	
Grain/Bread	½ oz eq	WW Bun		WG Roll	Brown Rice	WGR Bowtie Pasta	
Vegetable	¼ cup	Mixed Green w/ Shredded Carrots		Cucumber Salad	Mixed Vegetables	Peas & Carrots	
Vegetable or Fruit	¼ cup	Tropical Fruit Mix		Diced Pineapple	Tropical Fruit Mix	Mandarin	
<i>Substitute</i>							
SNACK				<i>Crackers & Fruit</i>	<i>Yogurt & Fruit</i>	<i>Rice Cakes & Fruit</i>	<i>Goldfish & Berries</i>
Milk	½ cup						
Meat/Meat Alt	½ oz			LF Yogurt			
Grain/Bread	½ oz eq		WGR Animal Crackers		Apple Cinammon Rice Cake	Goldfish	
Vegetable	½ cup						
Fruit	½ cup		Orange	Cantaloupe	Peach slices	Blueberries	
<i>Substitute</i>				<i>Graham Crackers</i>		<i>WGR pretzels</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