

# Lamb of God ECM Meals Menu

Week 1 – PRE K	(Age) 1-2	(Age) 3-5	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> ✓ Fluid Milk* ✓ Juice or Fruit or Vegetable ✓ Grains/Bread or Cold Dry Cereal or Cooked Cereal	½ cup ¼ cup ½ slice (or ½ serving) ¼ cup (or 1/3 oz) ¼ cup	¾ cup ½ cup ½ slice (or ½ serving) ¼ cup (or 1/3 oz) ¼ cup	2 Milk Apple Slices Rice Chex Cereal	3 Milk Orange Slices WG Mini Blueberry Waffles	4 Walking Day Milk Applesauce Biscuits	5 Milk Strawberry Slices WG French Toast Sticks (syrup)	6 Tomato Day Milk Bananas Pita Breakfast Sandwich (eggs, sausage)
<b>Lunch</b> ✓ Fluid Milk* ✓ Meat or Poultry or Fish or Cheese or Meat Alternate ✓ Vegetable and/or fruit (2 or more different) ✓ Grains/Bread	½ cup 1 oz ¼ cup (TOTAL) ½ slice (or ½ serving)	¾ cup 1 ½ oz ½ cup (TOTAL) ½ slice (or ½ serving)	Milk All Beef Hot Dog Peas Pineapple WG Bun	Milk Cheeseburger Macaroni Green Beans Pears WG Roll	Milk Walking Chicken Tacos Broccoli Mandarin Oranges Brown Rice (cheese, lettuce)	Milk Breaded Chicken Nuggets Cooked Carrots Peaches	Milk Turkey and Cheese Sandwich Tomato Salad Fresh Pears WG Bread Slices
<b>Snack (2 of 4)</b> ✓ Fluid Milk* ✓ Juice or Fruit or Vegetable ✓ Meat or Meat Alternate or Yogurt ✓ Grains/Bread	½ cup ½ cup ½ oz. 2 oz (or ¼ cup) ½ slice (or ½ serving)	½ cup ½ cup ½ oz. 2 oz (or ¼ cup) ½ slice (or ½ serving)	Yogurt Blueberries Granola	Milk Celery Sticks Wheat Thin Crackers	Apple Juice Ritz Crackers	Bean and Cheese Quesadilla on WG Tortilla	Vegetable Salsa Tortilla Chips

**Fluid milk for children 2 years of age and older must be low-fat or fat-free  
 WG = Whole Grain**

\*families are always welcome to join us for mealtimes

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Week 2 – IT	(Age) 1-2	(Age) 3-5	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> ✓ Fluid Milk* ✓ Juice or Fruit or Vegetable ✓ Grains/Bread or Cold Dry Cereal or Cooked Cereal	½ cup ¼ cup ½ slice (or ½ serving) ¼ cup (or 1/3 oz) ¼ cup	¾ cup ½ cup ½ slice (or ½ serving) ¼ cup (or 1/3 oz) ¼ cup	9 Milk Apple Slices Cinnamon Toast Crunch Cereal	10 Milk Orange Slices WG Toast	11 Milk Applesauce Maple Burst Mini Pancakes (syrup)	Grilled Cheese Day 12 Milk Strawberry Slices WG Muffin	13 Milk Bananas Warm Pita (fruit spread)
<b>Lunch</b> ✓ Fluid Milk* ✓ Meat or Poultry or Fish or Cheese or Meat Alternate ✓ Vegetable and/or fruit (2 or more different) ✓ Grains/Bread	½ cup 1 oz ¼ cup (TOTAL) ½ slice (or ½ serving)	¾ cup 1 ½ oz ½ cup (TOTAL) ½ slice (or ½ serving)	Milk Spaghetti with Meatballs and Sauce Peas Pineapple Garlic Bread	Milk Chicken Quesadilla Broccoli Pears Wheat Tortilla (lettuce, sour cream, salsa)	Milk Breaded All Beef Corn Dog Green Beans Mandarin Oranges (ketchup, mustard)	Milk Grilled Cheese Sandwich Cooked Carrots Peaches	Milk Salisbury Steak and Gravy Garden Salad Fresh Pears Dinner Roll
<b>Snack (2 of 4)</b> ✓ Fluid Milk* ✓ Juice or Fruit or Vegetable ✓ Meat or Meat Alternate or Yogurt ✓ Grains/Bread	½ cup ½ cup ½ oz. 2 oz (or ¼ cup) ½ slice (or ½ serving)	½ cup ½ cup ½ oz. 2 oz (or ¼ cup) ½ slice (or ½ serving)	Milk Chex Mix	Milk Colorful Goldfish	Cheese Cubes Wango Mango Juice Ritz Crackers	Milk WG Bunny Grahams	Milk WG Cheez- Its

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Week 3 – PRE K	(Age) 1-2	(Age) 3-5	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> ✓ Fluid Milk* ✓ Juice or Fruit or Vegetable ✓ Grains/Bread or Cold Dry Cereal or Cooked Cereal	½ cup ¼ cup ½ slice (or ½ serving) ¼ cup (or 1/3 oz) ¼ cup	¾ cup ½ cup ½ slice (or ½ serving) ¼ cup (or 1/3 oz) ¼ cup	16 Milk Apple Slices Rice Chex Cereal	17 Milk Orange Slices WG Mini Blueberry Waffles	18 Milk Applesauce Biscuits	19 Milk Strawberry Slices WG French Toast Sticks (syrup)	20 Milk Bananas Pita Breakfast Sandwich (eggs, sausage)
<b>Lunch</b> ✓ Fluid Milk* ✓ Meat or Poultry or Fish or Cheese or Meat Alternate ✓ Vegetable and/or fruit (2 or more different) ✓ Grains/Bread	½ cup 1 oz ¼ cup (TOTAL) ½ slice (or ½ serving)	¾ cup 1 ½ oz ½ cup (TOTAL) ½ slice (or ½ serving)	Milk All Beef Hot Dog Peas Pineapple WG Bun	Milk Cheeseburger Macaroni Broccoli Pears WG Roll	Milk Roasted Chicken Green Beans Mandarin Oranges Brown Rice	Milk Breaded Chicken Nuggets Cooked Carrots Peaches	Milk Turkey and Cheese Sandwich Mixed Veggies Fresh Pears WG Bread Slices
<b>Snack (2 of 4)</b> ✓ Fluid Milk* ✓ Juice or Fruit or Vegetable ✓ Meat or Meat Alternate or Yogurt ✓ Grains/Bread	½ cup ½ cup ½ oz. 2 oz (or ¼ cup) ½ slice (or ½ serving)	½ cup ½ cup ½ oz. 2 oz (or ¼ cup) ½ slice (or ½ serving)	Yogurt Blueberries Granola	Milk Celery Sticks Wheat Thin Crackers	Apple Juice Ritz Crackers	Bean and Cheese Quesadilla on WG Tortilla	Vegetable Salsa Tortilla Chips

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Week 4 – IT	(Age) 1-2	(Age) 3-5	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> ✓ Fluid Milk* ✓ Juice or Fruit or Vegetable ✓ Grains/Bread or Cold Dry Cereal or Cooked Cereal	½ cup ¼ cup ½ slice (or ½ serving) ¼ cup (or 1/3 oz) ¼ cup	¾ cup ½ cup ½ slice (or ½ serving) ¼ cup (or 1/3 oz) ¼ cup	23 Milk Apple Slices Cinnamon Toast Crunch Cereal	24 Milk Orange Slices WG Toast	LOG Art Show 25 Milk Applesauce Maple Burst Mini Pancakes (syrup)	Zucchini Day 26 Milk Strawberry Slices WG Muffin	27 Milk Bananas Warm Pita (fruit spread)
<b>Lunch</b> ✓ Fluid Milk* ✓ Meat or Poultry or Fish or Cheese or Meat Alternate ✓ Vegetable and/or fruit (2 or more different) ✓ Grains/Bread	½ cup 1 oz ¼ cup (TOTAL) ½ slice (or ½ serving)	¾ cup 1 ½ oz ½ cup (TOTAL) ½ slice (or ½ serving)	Milk Spaghetti with Meatballs and Sauce Peas Pears Garlic Bread	Milk Chicken Quesadilla Broccoli Peaches Wheat Tortilla (lettuce, sour cream, salsa)	Milk Breaded All Beef Corn Dog Green Beans Fresh Pears (ketchup, mustard)	Milk Grilled Cheese Sandwich Cucumber Coins and Carrot Sticks Fruit Cocktail	Milk Salisbury Steak and Gravy Garden Salad Fresh Mandarin Dinner Roll
<b>Snack (2 of 4)</b> ✓ Fluid Milk* ✓ Juice or Fruit or Vegetable ✓ Meat or Meat Alternate or Yogurt ✓ Grains/Bread	½ cup ½ cup ½ oz. 2 oz (or ¼ cup) ½ slice (or ½ serving)	½ cup ½ cup ½ oz. 2 oz (or ¼ cup) ½ slice (or ½ serving)	Milk Chex Mix	Milk Colorful Goldfish	Cheese Cubes Wango Mango Juice Ritz Crackers	Milk WG Bunny Grahams	Milk WG Cheez- Its

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