

# Lamb of God ECM Meals Menu: APRIL 2019

Week 1– IT	(Age) 1-2	(Age) 3-5	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>			<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<ul style="list-style-type: none"> <li>✓ Fluid Milk*</li> <li>✓ Juice or Fruit or Vegetable</li> <li>✓ Grains/Bread or Cold Dry Cereal or Cooked Cereal</li> </ul>	<ul style="list-style-type: none"> <li>½ cup</li> <li>¼ cup</li> <li>½ slice (or ½ serving)</li> <li>¼ cup (or 1/3 oz)</li> <li>¼ cup</li> </ul>	<ul style="list-style-type: none"> <li>¾ cup</li> <li>½ cup</li> <li>½ slice (or ½ serving)</li> <li>¼ cup (or 1/3 oz)</li> <li>¼ cup</li> </ul>	<ul style="list-style-type: none"> <li>Milk</li> <li>Fresh Apples Slices</li> <li>WG Cheerios Cereal</li> </ul>	<ul style="list-style-type: none"> <li>Milk</li> <li>Fresh Bananas</li> <li>WG French Toast Sticks</li> <li><i>low calorie/low sugar syrup</i></li> </ul>	<ul style="list-style-type: none"> <li>Milk</li> <li>Fresh Orange Slices</li> <li>WG Toast</li> <li><i>fruit spread</i></li> </ul>	<ul style="list-style-type: none"> <li>Milk</li> <li>Blueberries</li> <li>WG Tortilla</li> <li>Scrambled Eggs</li> <li>Ham Slice</li> </ul>	<ul style="list-style-type: none"> <li>Milk</li> <li>Unsweetened Applesauce</li> <li>WG Maple Burstin</li> <li>Mini Pancakes</li> <li><i>low calorie/low sugar syrup</i></li> </ul>
<b>Lunch</b>							
<ul style="list-style-type: none"> <li>✓ Fluid Milk*</li> <li>✓ Meat or Poultry or Fish or Cheese or Meat</li> <li>Alternate</li> <li>✓ Vegetable and/or fruit (2 or more different)</li> <li>✓ Grains/Bread</li> </ul>	<ul style="list-style-type: none"> <li>½ cup</li> <li>1 oz</li> <li>¼ cup (TOTAL)</li> <li>½ slice (or ½ serving)</li> </ul>	<ul style="list-style-type: none"> <li>¾ cup</li> <li>1 ½ oz</li> <li>½ cup (TOTAL)</li> <li>½ slice (or ½ serving)</li> </ul>	<ul style="list-style-type: none"> <li>Milk</li> <li>WG Breaded Chicken Drumsticks</li> <li>Canned Pineapple</li> <li>Canned Mixed Veggies</li> <li><i>(ketchup or ranch)</i></li> </ul>	<ul style="list-style-type: none"> <li>Milk</li> <li>“Cheese Pita Pizza”</li> <li>Mozzarella Cheese</li> <li>Canned Green Beans</li> <li>Canned Pears</li> <li>WG Pita Canned Fruit Cocktail</li> <li>Canned Peas</li> </ul>	<ul style="list-style-type: none"> <li>Milk</li> <li>“Chicken Quesadilla”</li> <li>Season Diced Chicken &amp; Cheese</li> <li>Canned Peaches</li> <li>Canned Corn</li> <li><i>(salsa, sour cream)</i></li> </ul>	<ul style="list-style-type: none"> <li>Milk</li> <li>WG Breaded Fish &amp; Stars</li> <li>Fresh Mandarins</li> <li>Steamed Broccoli Roll</li> <li><i>(tartar sauce)</i></li> </ul>	<ul style="list-style-type: none"> <li>Milk</li> <li>“Turkey &amp; Cheddar Sandwich”</li> <li>Turkey Slices</li> <li>Garden Salad</li> <li>Canned Fruit Cocktail</li> <li>WG Bread</li> <li>Cheese Slice</li> </ul>
<b>Snack (2 of 4)</b>							
<ul style="list-style-type: none"> <li>✓ Fluid Milk*</li> <li>✓ Juice or Fruit or Vegetable</li> <li>✓ Meat or Meat</li> <li>Alternate or Yogurt</li> <li>✓ Grains/Bread</li> </ul>	<ul style="list-style-type: none"> <li>½ cup</li> <li>½ cup</li> <li>½ oz.</li> <li>2 oz (or ¼ cup)</li> <li>½ slice (or ½ serving)</li> </ul>	<ul style="list-style-type: none"> <li>¾ cup</li> <li>½ cup</li> <li>½ oz.</li> <li>2 oz (or ¼ cup)</li> <li>½ slice (or ½ serving)</li> </ul>	<ul style="list-style-type: none"> <li>Milk</li> <li>WG Colorful Goldfish</li> </ul>	<ul style="list-style-type: none"> <li>Colby Cheese Cubes</li> <li>Club Crackers</li> </ul>	<ul style="list-style-type: none"> <li><b>Cooking in the Classroom</b></li> <li>Milk</li> <li>“Sunshine Salad”</li> <li>Peaches</li> <li>Mandarin Oranges</li> <li>Mangos</li> </ul>	<ul style="list-style-type: none"> <li>Milk</li> <li>Soft Pretzel</li> </ul>	<ul style="list-style-type: none"> <li>Milk</li> <li>WG Apple Cinnamon Muffins</li> </ul>

**Fluid milk for children 2 years of age and older must be low-fat or fat-free  
Water is available throughout the day to all children in attendance**




# Lamb of God ECM Meals Menu: April 2019

Week 2– PK	(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	8 Milk Apple Slices WG Corn Puff Cereal	9 Milk Fresh Sliced Strawberries French Toast Sticks <i>low calorie /low sugar syrup</i>	10 Milk Unsweetened Apple Sauce WG Cheesy Toast	11 Milk Fresh Bananas WG Maple Burst'n Mini Pancakes <i>low calorie /low sugar syrup</i>	12 Milk Orange Slices Warm Pita Turkey Sausage Patty
<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 “Chicken Soft Tacos” Seasoned Diced Chicken Canned Corn Canned Pears WG Tortilla <i>sour cream, lettuce, tomato, cheese, salsa</i>	Milk WG Breaded Chicken Drumsticks Canned Peas Fresh Mandarin Oranges Mac - Cheese	Milk Breaded Fish and Stars Carrot Chips & Cherry Tomatoes Fresh Grapes Roll	Milk “Salisbury Steak & Gravy” Beef Patty Canned Diced Carrots Canned Pineapples Brown Rice	Milk “Mini Meatball Subs” Beef Meatballs in Pasta Sauce Canned Mixed Veggies Canned Peaches WG Hot Dog Bun
<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 Trail Mix <i>(cereal, crasins, banana chips, chocolate chips)</i>	Milk WG Animal Crackers	Milk Celery Sticks WG Colorful Goldfish Crackers <i>cream cheese</i>	Milk Soft Pretzel	Milk WG Cheese Stuffed Breadsticks <i>marinara or ranch</i>

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# Lamb of God ECM Meals Menu: APRIL 2019

Week 3– 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	<b>15</b> Milk Fresh Apples Slices WG Cheerios Cereal	<b>16</b> Milk Fresh Bananas WG French Toast Sticks <i>low calorie/low sugar syrup</i>	<b>17</b> Milk Fresh Orange Slices WG Toast <i>fruit spread</i>	<b>18</b> Milk Blueberries WG Tortilla Scrambled Eggs Ham Slice	<b>Good Friday 19</b> <b>LOG CLOSED for the DAY</b>
<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 WG Breaded Chicken Drumsticks Canned Pineapple Canned Mixed Veggies (ketchup or ranch)	Milk “Cheese Pita Pizza” Mozzarella Cheese Canned Green Beans WG Pita Canned Fruit Cocktail	Milk “Turkey & Cheddar Sandwich” Turkey Slices Canned Corn Canned Peaches WG Bread Cheese Slice	Easter Lunch Bunch Milk Baked Ham Baked Chicken Garden Salad Mashed Potatoes Mac-n-Cheese “Sunshine Salad” (fruit salad) Garden Salad 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 WG Colorful Goldfish	Colby Cheese Cubes Club Crackers	Milk WG Pretzel Goldfish	Milk Ritz Crackers	

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