

Lamb of God ECM Meals Menu: APRIL 2019

Week 1– IT	(Age) 1-2	(Age) 3-5	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast ✓ 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	1 Milk Fresh Apples Slices WG Cheerios Cereal	2 Milk Fresh Bananas WG French Toast Sticks <i>low calorie/low sugar syrup</i>	3 Milk Fresh Orange Slices WG Toast <i>fruit spread</i>	4 Milk Blueberries WG Tortilla Scrambled Eggs Ham Slice	5 Milk Unsweetened Applesauce WG Maple Burstin Mini Pancakes <i>low calorie/low sugar syrup</i>
Lunch ✓ 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 Canned Pears WG Pita Canned Fruit Cocktail Canned Peas	Milk “Chicken Quesadilla” Season Diced Chicken & Cheese Canned Peaches Canned Corn (salsa, sour cream)	Milk WG Breaded Fish & Stars Fresh Mandarins Steamed Broccoli Roll (tartar sauce)	Milk “Turkey & Cheddar Sandwich” Turkey Slices Garden Salad Canned Fruit Cocktail WG Bread Cheese Slice
Snack (2 of 4) ✓ 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	Cooking in the Classroom Milk “Sunshine Salad” Peaches Mandarin Oranges Mangos	Milk Soft Pretzel	Milk WG Apple Cinnamon Muffins

**Fluid milk for children 2 years of age and older must be low-fat or fat-free
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Week 2– PK	(Age) 1-2	(Age) 3-5	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast ✓ 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
Lunch ✓ 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
Snack (2 of 4) ✓ 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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Week 3– IT	(Age) 1-2	(Age) 3-5	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast ✓ 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	15 Milk Fresh Apples Slices WG Cheerios Cereal	16 Milk Fresh Bananas WG French Toast Sticks <i>low calorie/low sugar syrup</i>	17 Milk Fresh Orange Slices WG Toast <i>fruit spread</i>	18 Milk Blueberries WG Tortilla Scrambled Eggs Ham Slice	Good Friday 19 LOG CLOSED for the DAY
Lunch ✓ 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	
Snack (2 of 4) ✓ 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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Week 4– PK	(Age) 1-2	(Age) 3-5	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast ✓ 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	22 Milk Apple Slices Krispy Rice Cereal	23 Milk Fresh Sliced Strawberries French Toast Sticks <i>low calorie /low sugar syrup</i>	24 Milk Unsweetened Apple Sauce WG Cheesy Toast	25 Milk Fresh Bananas WG Maple Burst'n Mini Pancakes <i>low calorie /low sugar syrup</i>	26 Milk Orange Slices Warm Pita Turkey Sausage Patty
Lunch ✓ 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 “Beef Soft Tacos” Seasoned Ground Beef Canned Corn Canned Fruit Cocktail WG Tortilla <i>sour cream, lettuce, tomato, cheese, salsa</i>	Milk WG Breaded Chicken Drumsticks Garden Salad Fresh Mandarin Oranges	Milk WG Cheese Stuffed Bread Sticks Carrot Chips & Cherry Tomatoes Fresh Grapes	Milk “Grilled Turkey & Cheese” Turkey Slices Canned Diced Carrots Canned Pineapples WG Bread Slice Cheddar Cheese Slice	Milk “Spaghetti & Meatballs” Beef Meatballs in Pasta Sauce Corn on Cob Canned Peaches WG Spaghetti Garlic Bread
Snack (2 of 4) ✓ 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 Apple Cinnamon Muffin	Milk WG Animal Crackers	Celery Sticks WG Colorful Goldfish Crackers <i>cream cheese</i>	Milk WG Pretzel Goldfish	Milk Corn Tortilla Chips <i>veggie salsa</i>

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