


# Lamb of God Early Childhood Ministry April 2020 Meals Menu

Week 1-PK	(Age) 1-2	(Age) 3-5	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> ✓ Fluid Milk* ✓ Vegetables or Fruits or Portions of Both ✓ Grains (oz eq) WGR or Enriched Bread WGR or Enriched Bread Product WGR, Enriched or Fortified Cooked Cereal, Cereal Grain, and/or pasta Flakes/Rounds Puffed Cereal Granola	½ cup ¼ cup ½ slice ½ serving ¼ cup ½ cup ¾ cup 1/8 cup	¾ cup ½ cup ½ slice ½ serving ¼ cup ½ cup ¾ cup 1/8 cup	Happy Birthday Mr Reggie 6 Milk Apples WG Cheerios Cereal	7 Milk Oranges WG Toast fruit spread	8 Milk Sliced Strawberries Corn Puff Cereal	9 Milk Unsweetened Applesauce WG French Toast Sticks	10 Lamb of God ECM will be closed for Good Friday. Enjoy the holiday weekend with your loved ones!
<b>Lunch</b> ✓ Fluid Milk* ✓ Meat or Poultry or Fish or Cheese or Meat Alternate ✓ Vegetable ✓ Fruit ✓ Grains (oz eq) WGR or Enriched Bread WGR or Enriched Bread Product WGR, Enriched or Fortified Cooked Cereal, Cereal Grain, and/or pasta	½ cup 1 oz 1/8 cup 1/8 cup ½ slice ½ serving ¼ cup	¾ cup 1 ½ oz ¼ cup ¼ cup ½ slice ½ serving ¼ cup	Hot Ham & Cheese Sandwich Milk Ham Slices Corn Pears WG Hamburger Bun	Roast Chicken & Gravy Milk Roasted Chicken w Gravy Mixed Veggies Pineapple Hawaiian Roll	Fish and Stars Milk WG Breaded Fish Sticks Peas Peaches tartar sauce	Pita Pizza Milk Mozzarella Cheese Cooked Carrots Fruit Cocktail Pita 	Lamb of God ECM will be closed for Good Friday. Enjoy the holiday weekend with your loved ones!
<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)	Cheese Cubes Ritz Crackers	Peanut Butter Club Crackers	Veggie Salsa WG Corn Tortilla Chips	Craisins Wheat Thins	Lamb of God ECM will be closed for Good Friday. Enjoy the holiday weekend with your loved ones!

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

Listed fruit and vegetable are canned unless otherwise noted  
 Water is available throughout the day to all

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# Lamb of God Early Childhood Ministry April 2020 Meals Menu

Week 2-IT	(Age) 1-2	(Age) 3-5	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> ✓ Fluid Milk* ✓ Vegetables or Fruits or Portions of Both ✓ Grains (oz eq) WGR or Enriched Bread WGR or Enriched Bread Product WGR, Enriched or Fortified Cooked Cereal, Cereal Grain, and/or pasta Flakes/Rounds Puffed Cereal Granola	½ cup ¼ cup  ½ slice ½ serving ¼ cup  ½ cup ¾ cup 1/8 cup	¾ cup ½ cup  ½ slice ½ serving ¼ cup  ½ cup ¾ cup 1/8 cup	<b>Music Monday 13</b> Milk Unsweetened Applesauce  WG French Toast Sticks  <i>low calorie or low sugar syrup</i>	<b>Tasty Tuesday 14</b> Milk Oranges  WG Toast with Peanut Butter	<b>Work Together Wednesday 15</b> Milk Apples  Corn Puff Cereal	<b>Artsy Thursday 16</b> Milk Sliced Strawberries  Rice Chex Cereal	<b>Family Friday 17</b> Milk Bananas  Krispy Rice Cereal
<b>Week of the Young Child!</b>							
<b>Lunch</b> ✓ Fluid Milk* ✓ Meat or Poultry or Fish or Cheese or Meat Alternate ✓ Vegetable ✓ Fruit ✓ Grains (oz eq) WGR or Enriched Bread WGR or Enriched Bread Product WGR, Enriched or Fortified Cooked Cereal, Cereal Grain, and/or pasta	½ cup 1 oz  1/8 cup 1/8 cup  ½ slice ½ serving ¼ cup	¾ cup 1 ½ oz  ¼ cup ¼ cup  ½ slice ½ serving ¼ cup	<b>Fish and Stars</b> Milk WG Breaded Fish Sticks Peas Peaches  Hawaiian Roll  <i>tartar sauce</i>	<b>Taco Tuesday</b> Milk Seasoned Chicken or Seasoned Beef Mixed Veggies Pineapple  WG Corn Tortilla Chips or Soft Tortilla <i>lettuce, cheese, sour cream, salsa</i>	<b>Chicken Corn Dogs</b> Milk Breaded Chicken Corn Dog Corn Pears  <i>ketchup and mustard</i>	<b>Roast Pork and Gravy</b> Milk Roasted Pork Slices with Gravy Cooked Carrots Fruit Cocktail  Brown Rice	<b>Chicken Drumsticks</b> Milk WG Breaded Drummie Shaped Chicken Nuggets Green Beans Mandarin Oranges
<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)	Craisins  Wheat Thins	100% Juice  Club Crackers	Peanut Butter Banana Smoothie  Saltines with WW	Cheese Cubes Ritz Crackers	Milk Carrot Sticks & Cucumber Coins with Ranch

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# Lamb of God Early Childhood Ministry April 2020 Meals Menu


Week 3-PK	(Age) 1-2	(Age) 3-5	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> ✓ Fluid Milk* ✓ Vegetables or Fruits or Portions of Both ✓ Grains (oz eq) WGR or Enriched Bread WGR or Enriched Bread Product WGR, Enriched or Fortified Cooked Cereal, Cereal Grain, and/or pasta Flakes/Rounds Puffed Cereal Granola	½ cup ¼ cup  ½ slice ½ serving ¼ cup  ½ cup ¾ cup 1/8 cup	¾ cup ½ cup  ½ slice ½ serving ¼ cup  ½ cup ¾ cup 1/8 cup	<b>20</b> Milk Apples  Krispy Rice Cereal	<b>21</b> Milk Oranges  WG Toast  fruit spread	<b>Earth Day 22</b> Milk Sliced Strawberries  Corn Puff Cereal	<b>23</b> Milk Unsweetened Applesauce  WG French Toast Sticks	<b>24</b> Milk Bananas  WG Cheerios
<b>Lunch</b> ✓ Fluid Milk* ✓ Meat or Poultry or Fish or Cheese or Meat Alternate ✓ Vegetable ✓ Fruit ✓ Grains (oz eq) WGR or Enriched Bread WGR or Enriched Bread Product WGR, Enriched or Fortified Cooked Cereal, Cereal Grain, and/or pasta	½ cup 1 oz  1/8 cup 1/8 cup  ½ slice ½ serving ¼ cup	¾ cup 1 ½ oz  ¼ cup ¼ cup  ½ slice ½ serving ¼ cup	Chicken Patty Sandwich Milk WG Breaded Chicken Patty Corn Pears  WG Hamburger Bun <i>lettuce, tomato, mayo</i>	Roast Chicken & Gravy Milk Roasted Chicken w Gravy Mixed Veggies Pineapple  Hawaiian Roll	<b>Chicken Drumsticks</b> Milk WG Breaded Drummie Shaped Chicken Nuggets Peas Peaches  <i>BBQ sauce, ranch</i>	<b>Penne Bake</b> Milk Seasoned Ground Beef with Penne Pasta and Pasta Sauce Steamed Broccoli Fruit Cocktail  Garlic Bread	<b>Chicken Corn Dog</b> Milk WG Breaded Chicken Corn Dog Green Beans Mandarin Oranges  <i>ketchup, mustard</i>
<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)	Peanut Butter Club Crackers	Cheese Cubes Ritz Crackers	Carrot Sticks & Cherry Tomatoes with Ranch  Saltines with WW	Fresh Mandarin Oranges  Wheat Thins	100% Juice  Low Sugar Cinnamon Toast Crunch

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# Lamb of God Early Childhood Ministry April 2020 Meals Menu

Week 4-IT	(Age) 1-2	(Age) 3-5	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> ✓ Fluid Milk* ✓ Vegetables or Fruits or Portions of Both ✓ Grains (oz eq) WGR or Enriched Bread WGR or Enriched Bread Product WGR, Enriched or Fortified Cooked Cereal, Cereal Grain, and/or pasta Flakes/Rounds Puffed Cereal Granola	½ cup ¼ cup ½ slice ½ serving ¼ cup ½ cup ¾ cup 1/8 cup	¾ cup ½ cup ½ slice ½ serving ¼ cup ½ cup ¾ cup 1/8 cup	<b>27</b> Milk Apples Corn Puff Cereal	<b>Super Hero Day! 28</b> Milk Oranges WG Toast with Peanut Butter 	<b>29</b> Milk Unsweetened Applesauce WG Apple Cinnamon Muffins	<b>30</b> Milk Sliced Strawberries WG Cheerios Cereal	<b>1</b> Milk Bananas Warm Pita Turkey Sausage
<b>Lunch</b> ✓ Fluid Milk* ✓ Meat or Poultry or Fish or Cheese or Meat Alternate ✓ Vegetable ✓ Fruit ✓ Grains (oz eq) WGR or Enriched Bread WGR or Enriched Bread Product WGR, Enriched or Fortified Cooked Cereal, Cereal Grain, and/or pasta	½ cup 1 oz 1/8 cup 1/8 cup ½ slice ½ serving ¼ cup	¾ cup 1 ½ oz ¼ cup ¼ cup ½ slice ½ serving ¼ cup	BBQ Chicken Sandwich Milk Seasoned Diced Chicken in BBQ Sauce Peas Cole Slaw Peaches WG Hamburger Bun	<b>Beef Soft Taco</b> Milk Seasoned Ground Beef Steamed Broccoli Pineapple WG Tortilla lettuce, cheese, sour cream, salsa	<b>Chicken Corn Dogs</b> Milk Breaded Chicken Corn Dog Corn Pears ketchup and mustard	Turkey and Cheese Slider Milk Turkey Slices with Cheese Slices Cooked Carrots Fruit Cocktail WG Bread Slices Baked Chips	Chicken Patty Sandwich Milk WG Breaded Chicken Patty Green Beans Mandarin Oranges WG Hamburger Bun lettuce, pickle, tomato, mayo
<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)	Wheat Thins	100% Juice Club Crackers	Peanut Butter Banana Smoothie Saltines with WW	Cheese Cubes Ritz Crackers	Milk Carrot Sticks & Cucumber Coins with Ranch

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