

Lamb of God Early Childhood Ministry Monthly Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p>It is our goal at Lamb of God to provide healthy and varied menu options.</p> <p>Each month at least one new menu item is introduced. New menu items are highlighted in yellow</p>	<p>Cooking Day 1</p> <p>Breakfast ½ slice whole-grain terrific toast¹ ½ c awesome apple slices ¾ c 1% milk</p> <p>Lunch 1 corn dog ¼ c carrots ¼ c pineapple ¾ c 1% milk</p> <p>PM Snack Apple Pie Quesadillas ¾ c 1% milk</p>	<p>2</p> <p>Breakfast mini bagels¹ w 1 tsp cream cheese ½ c awesome applesauce ¾ c 1% milk</p> <p>Lunch chicken soft tacos ½ oz seasoned chicken cheese, lettuce, tomato, sour cream ¼ c corn ¼ c peaches ¾ c 1% milk</p> <p>PM Snack 1 Nutri-Grain cereal bar¹ 4 oz 100% Juice ©</p>	<p>Watermelon Day 3</p> <p>Breakfast 2 oz yummy yogurt ½ c banana slices ⅓ c granola¹ ¾ c 1% milk</p> <p>Lunch pita pizzas ¼ c steamed peas (A) © ¼ c watermelon slices ¾ c 1% milk</p> <p>PM Snack trail mix (pretzels, Chex, craisins, banana chips, Cheerios)</p>	<p>4</p> <p>Breakfast ⅓ c whole-grain cereal¹ ½ c scrumptious strawberries© ¾ c 1% milk</p> <p>Lunch chicken patty on bun w/lettuce, tomato, & cheese ¼ c green beans ¼ pineapple© ¾ c 1% milk</p> <p>PM Snack Goldfish crackers ¾ c 1% milk</p>
<p>7</p> <p>Breakfast 2 oz yummy yogurt ½ c scrumptious strawberries© ⅓ c granola¹ ¾ c 1% milk</p> <p>Lunch Sloppy Joe on bun ¼ c carrot sticks w ranch ¼ c steamed broccoli ¼ c peaches (A) ¾ c 1% milk</p> <p>PM Snack trail mix (pretzels, Chex, craisins, banana chips, Cheerios)</p>	<p>8</p> <p>Breakfast French toast sticks with 1 tbsp low calorie syrup ½ c awesome applesauce ¾ c 1% milk</p> <p>Lunch 5 breaded chicken nuggets¹ ¼ c mixed veggies (A) © ¼ c mandarin oranges (A)© ¾ c 1% milk</p> <p>PM Snack 1 oz string cheese¹ Crasins</p>	<p>9</p> <p>Breakfast ⅓ c whole-grain cereal¹ ½ c banana slices © ¾ c 1% milk</p> <p>Lunch grilled cheese sandwich ¼ c green beans ¼ c pears ¾ c 1% milk</p> <p>PM Snack Ritz Crackers¹ w cheddar cheese cubes</p>	<p>10</p> <p>Breakfast cheesy wheat toast ½ c awesome apple slices ¾ cup 1% milk</p> <p>Lunch: 1 ½ oz BBQ chicken on bun w cole slaw ¼ c cooked carrots ¼ c pineapple © ¾ c 1% milk</p> <p>PM Snack Goldfish crackers ¾ c 1% milk</p>	<p>Field Trip Sunset ZOO 11</p> <p>Breakfast 2 pancakes¹ w 1 tbsp low calorie syrup ½ c fresh orange sections© ¾ c 1% milk</p> <p>Lunch: Bag Lunch turkey and cheese sandwich ¼ c carrot sticks ¼ c celery sticks w ranch ¼ c clementine 1 bag baked lays chips ¾ c 1% milk</p> <p>Snack corn tortilla chips w vegetable salsa ¾ c 1% milk</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">14</p> <p>Breakfast $\frac{1}{3}$ c whole-grain cereal¹ $\frac{1}{2}$ c scrumptious strawberries $\frac{3}{4}$ c 1% milk</p> <p>Lunch pita pizzas $\frac{1}{4}$ c steamed peas (A) © $\frac{1}{4}$ c fruit cocktail (A)© $\frac{3}{4}$ c 1% milk</p> <p>PM Snack Ritz Crackers¹ w cheddar cheese cubes</p>	<p style="text-align: right;">15</p> <p>Breakfast English muffin and turkey sausage breakfast sandwich $\frac{1}{2}$ c applesauce $\frac{3}{4}$ c 1% milk</p> <p>Lunch 1 $\frac{1}{2}$ oz chicken w brown rice dinner roll $\frac{1}{4}$ cup spring salad $\frac{1}{4}$ cup peaches $\frac{3}{4}$ c 1% milk</p> <p>PM Snack frozen banana pops $\frac{3}{4}$ c 1% milk</p>	<p style="text-align: right;">16</p> <p>Breakfast $\frac{1}{2}$ slice whole-grain terrific toast¹ $\frac{1}{2}$ c awesome apple slices $\frac{3}{4}$ c 1% milk</p> <p>Lunch spaghetti with meat sauce $\frac{1}{4}$ c corn $\frac{1}{4}$ c mandarin oranges garlic bread $\frac{3}{4}$ c 1% milk</p> <p>PM Snack Goldfish crackers $\frac{3}{4}$ c 1% milk</p>	<p style="text-align: right;">17</p> <p>Breakfast 2 oz yummy yogurt $\frac{1}{2}$ c banana slices $\frac{1}{3}$ c granola¹ $\frac{3}{4}$ c 1% milk</p> <p>Lunch hot ham and cheese on bun $\frac{1}{4}$ c carrot sticks $\frac{1}{4}$ c celery sticks w ranch $\frac{1}{4}$ c halo mandarin $\frac{3}{4}$ c 1% milk</p> <p>PM Snack Trail mix (pretzels, Chex, Craisins, Cheerios) $\frac{3}{4}$ c 1% milk</p>	<p style="text-align: right;">Potato Day 18</p> <p>Breakfast scrambled eggs w pita $\frac{1}{2}$ c blueberries $\frac{3}{4}$ c 1% milk</p> <p>Lunch shepherds pie w $\frac{1}{4}$ c tater tots $\frac{1}{4}$ c fruit cocktail (A)© $\frac{3}{4}$ c 1% milk</p> <p>PM Snack 1 bag pretzels 1 oz string cheese</p>
<p style="text-align: right;">21</p> <p>Breakfast cheesy wheat toast $\frac{1}{2}$ c awesome apple slices $\frac{3}{4}$ cup 1% milk</p> <p>Lunch spaghetti with meat sauce $\frac{1}{4}$ c garden salad $\frac{1}{4}$ c mandarin oranges garlic bread $\frac{3}{4}$ c 1% milk</p> <p>PM Snack 1 oz string cheese¹ Crasins</p>	<p style="text-align: right;">Lunch Bunch 22</p> <p>Breakfast French toast sticks with 1 tbsp low calorie syrup $\frac{1}{2}$ c awesome applesauce $\frac{3}{4}$ c 1% milk</p> <p>Lunch chicken patty on bun w/lettuce, tomato, & cheese $\frac{1}{4}$ c cooked carrots $\frac{1}{4}$ pineapple© $\frac{3}{4}$ c 1% milk</p> <p>PM Snack Goldfish crackers $\frac{3}{4}$ c 1% milk</p>	<p style="text-align: right;">23</p> <p>Breakfast 2 oz yummy yogurt $\frac{1}{2}$ c scrumptious strawberries© $\frac{1}{3}$ c granola¹ $\frac{3}{4}$ c 1% milk</p> <p>Lunch macaroni and cheese $\frac{1}{4}$ c green beans $\frac{1}{4}$ c peaches $\frac{3}{4}$ c 1% milk</p> <p>PM Snack Ritz Crackers¹ w cheddar cheese cubes</p>	<p style="text-align: right;">24</p> <p>Breakfast 2 pancakes¹ w 1 tbsp low calorie syrup $\frac{1}{2}$ c fresh orange sections© $\frac{3}{4}$ c 1% milk</p> <p>Lunch chicken soft tacos $\frac{1}{2}$ oz seasoned chicken cheese, lettuce, tomato, sour cream, salsa $\frac{1}{4}$ c corn $\frac{1}{4}$ c peaches $\frac{3}{4}$ c 1% milk</p> <p>PM Snack carrot & celery sticks w ranch 4 oz 100% Juice ©</p>	<p style="text-align: right;">25</p> <p>Breakfast $\frac{1}{3}$ c whole-grain cereal¹ $\frac{1}{2}$ c blueberries $\frac{3}{4}$ c 1% milk</p> <p>Lunch pita pizzas $\frac{1}{4}$ c steamed peas (A) © $\frac{1}{4}$ c fruit cocktail (A)© $\frac{3}{4}$ c 1% milk</p> <p>PM Snack saltine crackers w hummus $\frac{3}{4}$ 1% milk</p>

<p style="text-align: right;">28</p> <p>Breakfast 2 oz yummy yogurt ½ c awesome apple slices ⅓ c granola¹ ¾ c 1% milk</p> <p>Lunch 5 breaded chicken nuggets¹ ¼ c cheesy mashed potatoes© ¼ c mixed veggies (A) © ¼ c mandarin oranges (A)© ¾ c 1% milk</p> <p>PM Snack Goldfish crackers ¾ c 1% milk</p>	<p style="text-align: right;">29</p> <p>Breakfast ⅓ c whole-grain cereal¹ ½ c banana slices © ¾ c 1% milk</p> <p>Lunch Sloppy Joe on bun ¼ c carrot sticks w ranch ¼ c steamed broccoli ¼ c peaches (A) ¾ c 1% milk</p> <p>PM Snack 1 bag pretzels 1 oz string cheese</p>	<p style="text-align: right;">30</p> <p>Breakfast ½ slice whole-grain terrific toast¹ ½ c orange slices ¾ c 1% milk</p> <p>Lunch hot ham and cheese on bun ¼ c carrot sticks ¼ c celery sticks w ranch ¼ c halo mandarin ¾ c 1% milk</p> <p>Snack corn tortilla chips w vegetable salsa ¾ c 1% milk</p>	<p style="text-align: right;">31</p> <p>Breakfast English muffin and turkey sausage breakfast sandwich ½ c applesauce ¾ c 1% milk</p> <p>Lunch: 1 ½ oz BBQ chicken on bun w cole slaw ¼ c cooked carrots ¼ c pineapple © ¾ c 1% milk</p> <p>PM Snack trail mix (pretzels, Chex, raisins, banana chips, Cheerios)</p>	<p>Families are encouraged to join us anytime for lunch, especially on our special lunch days highlighted in green</p>
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Children under the age of 2 are served whole milk where 1% milk is noted on the menu.