

Lamb of God ECM Meals Menu: December 2018

Week 1– 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	3 Milk Fresh Orange Slices Rice Chex Cereal	4 Milk Fresh Apple Slices WG Blueberry Bash Mini Waffles	5 Milk Yogurt Fresh Sliced Strawberries Warm Pita <i>granola and fruit spread</i>	6 Milk Frozen Blueberries WG Cheesy Toast Scrambled Eggs	7 Milk Unsweetened Applesauce WG French Toast Sticks <i>low calorie 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 Green Beans Canned Pineapple <i>ketchup or ranch</i>	Milk Breaded Fish Nuggets Canned Diced Carrots Canned Pears (tartar sauce or ketchup)	Milk “Pita Pizzas” Mozzarella Cheese Canned Peas Canned Fruit Cocktail WG Pita <i>ranch</i>	Milk “Beef Sloppy Joe” Seasoned Beef Canned Corn Canned Peaches WG Hamburger Bun	Milk “Spaghetti and Meatballs” Beef Meatballs Canned Mixed Veggies Fresh Mandarin WG Spaghetti Noodles
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 Crackers	Milk WG Animal Crackers	Milk WG Colorful Goldfish Crackers	Moo Tubes Saltine Cracker	Milk Pretzels

Fluid milk for children 2 years of age and older must be low-fat or fat-free