

Lamb of God ECM Meals Menu: December 2018

Week 2– 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	10 Milk Apple Slices Rice Chex	11 Milk Frozen Blueberries French Toast Sticks Yogurt <i>granola</i>	12 Milk Unsweetened Apple Sauce WG Cheesy Toast	13 Milk Fresh Bananas WG Blueberry Bash Mini Waffles <i>low calorie syrup</i>	Parent's Night Out 14 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 WG Breaded Chicken Drumsticks Canned Corn Canned Tropical Fruit Salad	Milk “Mini Meatball Sub” Beef Meatballs Canned Carrots Canned Mandarin Oranges <i>parmesan cheese</i>	Milk “Pita Pizzas” Mozzarella Cheese Canned Mixed Veggies Canned Peaches WG Pita <i>ranch</i>	Milk “Mini Meatloaf” Beef Meatloaf Canned Peas Mashed Potatoes Canned Pineapples WG Roll	Milk “Chicken Patty Sandwich” WG Breaded Chicken Patty Carrot Chips & Cherry Tomatoes Fresh Mandarin
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 Club Crackers	Milk WG Animal Crackers	Milk Celery Sticks WG Colorful Goldfish Crackers <i>cream cheese</i>	Cheese Cubes Ritz Crackers	Milk Pretzels
Fluid milk for children 2 years of age and older must be low-fat or fat-free							

Fish Nuggets: 4 1.00 oz WG Breaded Fish Nuggets provide 2.00 oz equivalent meat/meat alternate and 1.50 oz equivalent grains

This institution is an equal opportunity provider.

5 Meals – Mandarin Oranges

2 Meals – Tropical Fruit Salad

7 Meals – Pineapple

5 Meals – French Toast Sticks

1 Meal – Spaghetti Sauce

5 Meals Mixed Veggies

4 Meals – Peas

4 Pitas

8 – Pancakes

2 Salisbury Steak

Week 1 – Cheerios

Week 2 – Rice Chex

Week 3 Cereal – Corn Puffs

2 Meals -- Saltines

Week 4 Cereal – Rice Krispies