

# Lamb of God ECM Meals Menu: December 2018

Week 3– PK	(Age) 1-2	(Age) 3-5	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> ✓ 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	<b>17</b> Milk Fresh Apple Slices Corn Puff Cereal	<b>Christmas Lunch Bunch 18</b> Milk Fresh Orange Slices WG Toast  <i>fruit spread</i>	<b>19</b> Milk Fresh Sliced Strawberries WG Blueberry Bash Mini Waffles  <i>low calorie syrup</i>	<b>20</b> Milk Frozen Blueberries WG Cheesy Toast Scrambled Eggs	<b>21</b> Milk Unsweetened Applesauce WG French Toast Sticks  <i>low calorie syrup</i>
<b>Lunch</b> ✓ 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 Parmesan” Breaded Chicken Breast Fresh Carrot Chips Canned Pineapple	Milk “Super Nachos” Seasoned Ground Beef or Seasoned Diced Chicken Canned Corn Canned Peaches WG Tortilla Chips (lettuce, cheese, sour cream, salsa)	Milk “Pita Pizzas” Mozzarella Cheese Canned Peas Canned Fruit Cocktail WG Pita  <i>ranch</i>	Milk “Beef Sloppy Joe” Seasoned Beef Fresh Green Beans Canned Pears WG Hamburger Bun	Milk “Spaghetti and Meatballs” Beef Meatballs Canned Mixed Veggies Fresh Mandarin WG Spaghetti Noodles
<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)	Milk  Club 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**