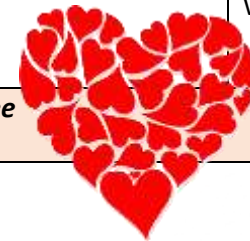


Lamb of God ECM Meals Menu: February 2019

Week 1– 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 ½ 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	4 Milk Fresh Apple Slices Kix Corn Puff Cereal	5 Milk Fresh Orange Slices WG Blueberry Bash Mini Waffles low calorie/low sugar syrup	6 Milk Fresh Sliced Strawberries WG Toast fruit spread	7 SNOW DAY LAMB OF GOD EARLY CHILDHOOD MINISTRY CLOSED	8 Milk Unsweetened Applesauce WG French Toast Sticks low calorie/low sugar syrup
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 Cheese Pita Pizza Mozzarella Cheese Canned Green Beans Canned Peaches WG Pita	Milk Chicken Drumsticks WG Breaded Chicken Drumsticks Canned Fruit Cocktail Canned Peas (ketchup)	Milk “Chicken Quesadilla” Season Diced Chicken & Cheese Canned Corn Canned Mandarin Oranges (salsa, sour cream)		Milk “Mini Meatball Sub” Beef Meatballs w pasta sauce and cheese Garden Salad Canned Pineapple WG Hot Dog Bun
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)	String Cheese Stick Club Crackers	Milk Annies WG Bunny Grahams	Milk WG Apple Cinnamon Muffins		Bananas WG Animal Crackers

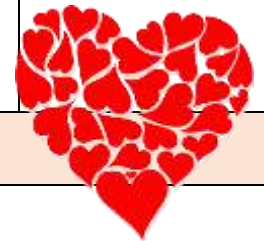
Fluid milk for children 2 years of age and older must be low-fat or fat-free
 Water is available throughout the day to all children in attendance



Lamb of God ECM Meals Menu: February 2019

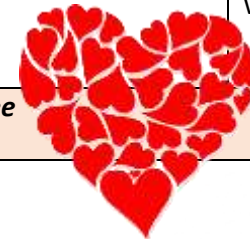
Week 2– PK	(Age) 1-2	(Age) 3-5	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast ✓ Fluid Milk* ✓ Juice or Fruit or Vegetable ✓ Grains/Bread or Cold Dry Cereal or Cooked Cereal	½ cup ¼ cup ½ slice (or ½ serving) ¼ cup (or 1/3 oz) ¼ cup	¾ cup ½ cup ½ slice (or ½ serving) ¼ cup (or 1/3 oz) ¼ cup	11 Milk Apple Slices Rice Chex	12 Milk Fresh Sliced Strawberries French Toast Sticks	13 Milk Unsweetened Apple Sauce WG Cheesy Toast	Valentines Day 14 Milk Fresh Bananas WG Blueberry Bash Mini Waffles <i>low calorie /low sugar syrup</i>	15 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 Grilled Pork Chop Canned Corn Canned Pears WG Bread Slice	Milk “Turkey Joes” Seasoned Ground Turkey Canned Peas Canned Mandarin Oranges WW Hamburger Bun	Milk “Mini Chicken Parm Sub” Seasoned Chicken w Mozzarella Cheese and Pasta Sauce Carrot Chips & Cherry Tomatoes Fresh Mandarin WW Hot Dog Bun	Milk “Salisbury Steak & Gravy” Beef Patty Canned Green Beans Canned Pineapples Brown Rice	Milk WG Breaded Chicken Drumsticks Canned Mixed Veggies Canned Peaches ranch
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 Trail Mix <i>(cereal, crasins, banana chips, chocolate chips)</i>	Milk WG Animal Crackers	Milk Celery Sticks WG Colorful Goldfish Crackers <i>cream cheese</i>	Classroom Parties Cheese Quesadilla on WG Tortilla	Milk WG Aunt Annie’s Bunny Grahams

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 Water is available throughout the day for all children in attendance**



Lamb of God ECM Meals Menu: February 2019

Week 3– 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	President’s Day 18 Milk Fresh Apple Slices Kix WG Corn Puff Cereal	19 Milk Fresh Orange Slices WG Blueberry Bash Mini Waffles <i>sugar free or light reduced calorie syrup</i>	20 Delayed Weather Start...no breakfast served WG Toast <i>natural fruit spread</i>	21 Milk Milk Fresh Sliced Strawberries WG French Toast Sticks <i>sugar free or light reduced calorie syrup</i>	22 Milk Blueberries Breakfast Burritos WG Tortilla Eggs Cheese Salsa
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 Cheese Pita Pizza Mozzarella Cheese Canned Green Beans Canned Peaches Pita	Milk Chicken Patty Sandwich WG Breaded Chicken Patty Canned Peas Canned Pineapples WG Bun Lettuce, Pickle <i>(ketchup or ranch)</i>	Milk Chicken Quesadilla Season Diced Chicken & Cheese Canned Corn Fresh Mandarins <i>(salsa, sour cream)</i>	Milk Shepherd’s Pie Seasoned Ground Beef w Mixed Veggies and Mashed Potatoes Steamed Broccoli Applesauce Roll	Milk “Mini Meatball Sub” Beef Meatballs w pasta sauce and cheese Bananas Garden Salad WG Hot Dog Bun
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)	Cheddar Cheese Cubes Club Crackers	Milk Annies WG Bunny Grahams	Milk WG Apple Cinnamon Muffins	Milk WG Colorful Goldfish	Milk WG Animal Crackers
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Lamb of God ECM Meals Menu: February 2019

Week 4– 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	25 Milk Apple Slices Krispy Rice Cereal	26 Milk Fresh Sliced Strawberries French Toast Sticks	27 Milk Unsweetened Apple Sauce WG Cheesy Toast	28 Milk Fresh Bananas WG Blueberry Bash Mini Waffles <i>low calorie /low sugar syrup</i>	1 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 “Chicken Sandwich” WG Breaded Chicken Patty Steamed Broccoli Canned Pineapple WG Hamburger Bun	Milk “Turkey Joes” Seasoned Ground Turkey Canned Green Bean Canned Fruit Cocktail WG Hamburger Bun	Milk “Spaghetti & Meatballs” Beef Meatball and Pasta Sauce Carrot Chips & Cherry Tomatoes Fresh Mandarin WG Spaghetti Garlic Bread	Milk “Salisbury Steak & Gravy” Beef Patty Canned Peas Canned Pears Brown Rice	Milk WG Breaded Chicken Drumsticks Canned Mixed Veggies Canned Peaches <i>ranch</i>
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 Trail Mix <i>(cereal, crasins, banana chips, chocolate chips)</i>	Milk WG Animal Crackers	Milk Celery Sticks WG Colorful Goldfish Crackers <i>cream cheese</i>	Cheese Quesadilla on WG Tortilla 	Milk WG Aunt Annie’s Bunny Grahams

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 Water is available throughout the day for all children in attendance**