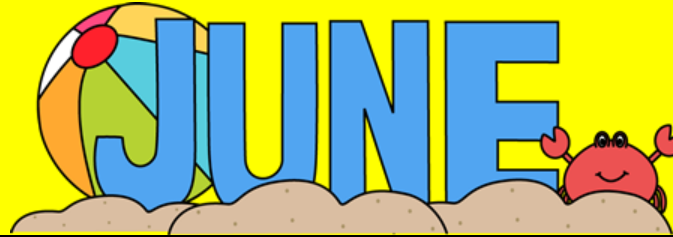


Lamb of God ECM Meals Menu



Week 4 (May) – Pre K	(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					Preschool Bowling Field Trip 1 Milk Bananas Pita Breakfast Sandwich (eggs, turkey sausage, cheese)
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 Turkey and Cheese Sandwich Tomato Salad Cucumber Coins and Carrots Sticks Fresh Pears Baked Chips *Rice Krispy Treat
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)					Vegetable Salsa Tortilla Chips

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

June is... • Dairy Month • Fresh & Vegetable Month • Papaya Month

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Lamb of God ECM: Meals Menu



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 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	4 Milk Apple Slices Biscuits <i>*fruit spread</i>	5 Milk Oranges Mini Pancakes <i>*low cal syrup</i>	6 Milk Fresh Pears Toast <i>*fruit spread</i>	7 Milk Applesauce WG Blueberry Muffins	8 Milk Bananas Cheerios
Preschool VBS Week! Sonquest Rainforest							
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)	Cheese Day! Milk Cheese Pita Pizza Peas Fruit Cocktail Pita	Milk Breaded Chicken Nuggets Green Beans Mandarin Oranges	Milk BBQ Chicken Sandwich w Cole Slaw Corn Pears WG Bun	Chocolate Ice Cream Day! Milk Grilled Turkey & Cheese Sandwich Mixed Veggies Peaches WG Bread Slices <i>*ice cream scoop</i>	Milk All Beef Sloppy Joe Broccoli Pineapples WG 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 Club Crackers	Apple Juice WG Animal Crackers	Milk Grapes Saltine Crackers	Milk WG Cheddar Goldfish Crackers	Milk Ritz Crackers

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Lamb of God ECM Meals Menu



Week 2 – Pre K	(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 Mini Waffles *low cal syrup	12 Milk Oranges Super Doughnut	13 Milk Strawberries Cheese Toast	14 Milk Applesauce Scrambled Eggs w Cheese Turkey Sausage Patty Pita Half	15 Milk Bananas Rice Chex Cereal
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 Patty Sandwich Broccoli Peaches WG Bun	Milk Mini Meatball Sub Sandwich Peas Pineapples WG Bun	Milk 3 Cheese Calzone Green Beans Fruit Cocktail	Milk Spaghetti with Meat Sauce Mixed Vegetables Mandarin Oranges Garlic Bread	Milk Hawaiian Chicken Wrap Cucumber Coins and Carrot Sticks Pears Tortilla
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)	Mango Wango VEG/FRUIT Juice WG Cheeze-It Crackers	Milk WG Bunny Grams	Milk WG Animal Crackers	Cheddar Cheese Cubes Club Crackers	Milk WG Cheddar Goldfish Crackers

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Lamb of God ECM: Meals Menu



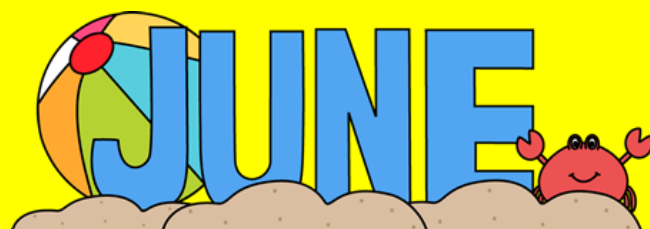
Week 3 – IT	(Age) 1-2	(Age) 3-5	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast ✓ Fluid Milk* ✓ Juice or Fruit or Vegetable ✓ Grains/Bread or Cold Dry Cereal or Cooked Cereal	½ cup ¼ cup ½ slice (or ½ serving) ¼ cup (or 1/3 oz) ¼ cup	¾ cup ½ cup ½ slice (or ½ serving) ¼ cup (or 1/3 oz) ¼ cup	18 Milk Apple Slices Biscuits <i>*fruit spread</i>	19 Milk Oranges Mini Pancakes <i>*low cal syrup</i>	20 Milk Fresh Pears Toast <i>*fruit spread</i>	21 Milk Applesauce WG Blueberry Muffins	22 Milk Bananas Cheerios
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)	Picnic Day! Milk Grilled BBQ Chicken Garden Salad Corn on the Cob Pineapples	Milk All Beef Sloppy Joe Broccoli Pears WG Bun	Milk Boneless Chicken Drummies Green Beans Mandarin Oranges	Milk Cheese Pita Pizza Peas Fruit Cocktail	Milk Chicken Fried Rice Mixed Veggies Peaches Won Ton Crackers
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 Club Crackers	Apple Juice WG Animal Crackers	Milk Grapes Saltine Crackers	Milk WG Cheddar Goldfish Crackers	Milk Ritz Crackers

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Lamb of God ECM: Meals Menu



Week 4 – Pre K	(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 Mini Waffles *low cal syrup	26 Milk Oranges Cinnamon Rolls	27 Milk Strawberries Cheese Toast	28 Milk Applesauce Scrambled Eggs with Cheese Turkey Sausage Patty Pita Half	29 Milk Bananas Rice Chex Cereal
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 Patty Sandwich Broccoli Peaches WG Bun	Milk Hot Ham and Cheese Sandwich Peas Pineapples WG Bun	Milk Cheeseburger Macaroni Green Beans Fruit Cocktail Dinner Roll	Milk All Beef Hot Dogs Mixed Vegetables Mandarin Oranges Garlic Bread	Milk Turkey and Cheese Wrap Cucumber Coins and Carrot Sticks Pears Tortilla
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 Ritz Crackers	Frozen Go-Gurt Saltine Crackers	Milk WG Animal Crackers	Cheddar Cheese Cubes Club Crackers	Milk WG Cheddar Goldfish Crackers

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