

# Lamb of God Early Childhood Ministry

## Monthly Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>June is...</b></p> <p><b>Beef Steak Month</b></p> <p><b>Dairy Month</b></p> <p><b>Fresh Fruit &amp; Vegetables Month</b></p>	<p>It is our goal at Lamb of God to provide healthy and varied menu options.</p> <p>Each month at least one new menu item is introduced. New menu items are highlighted in <b>yellow</b></p> <p>Families are encouraged to join us anytime for lunch, especially on our special lunch days highlighted in <b>green</b></p>	<p><b>Hooray! Hooray! It's cooking day ...</b></p> <p><b>"Frozen Banana Pops"</b></p> <p><b>You will need:</b> bananas, popsicle sticks, yogurt, toppings (sprinkles, cereal, dried fruit)</p> <p><b>Instructions:</b> cut bananas in half, place cut banana on popsicle stick, cover in yogurt and desired toppings, freeze on parchment paper for at least one hour</p>	<p><b>1</b></p> <p><b>Breakfast</b> 3 french toast sticks<sup>1</sup> w/ 1 tbsp w/low calorie syrup ½ c applesauce ¾ c 1% milk</p> <p><b>Lunch</b> sloppy Joe on bun ¼ c steamed carrots ¼ pineapple© ¾ c 1% milk</p> <p><b>PM Snack</b> trail mix (pretzels, Chex, raisins, banana chips, Cheerios) ¾ c 100% juice</p>	<p><b>2</b></p> <p><b>Breakfast</b> pancakes w 1 tbsp low calorie syrup ½ c apple slices ¾ c 1% milk</p> <p><b>Lunch</b> spaghetti with meat sauce ¼ c garden salad ¼ c mandarin oranges ¾ c 1% milk</p> <p><b>PM Snack</b> garlic breadsticks w pasta sauce ¾ c 1% milk</p>
<p><b>Cheese Day</b> <b>5</b></p> <p><b>Breakfast</b> ⅓ c whole-grain cereal<sup>1</sup> ½ c scrumptious strawberries© ¾ c 1% milk</p> <p><b>Lunch</b> super Sloppy Joe on bun ¼ c steamed broccoli ¼ c peaches (A) ¾ c 1% milk</p> <p><b>PM Snack</b> 1 Nutri-Grain cereal bar<sup>1</sup> 4 oz 100% Juice ©</p>	<p><b>6</b></p> <p><b>Breakfast</b> ½ slice whole-grain terrific toast<sup>1</sup> w/ 1 tsp all-fruit spread ½ c apple slices ¾ c 1% milk</p> <p><b>Lunch</b> cheese pita pizza ¼ c steamed corn (A) ¼ c mandarin oranges (A)© ¾ c 1% milk</p> <p><b>PM Snack</b> garlic breadsticks w pasta sauce ¾ c 1% milk</p>	<p><b>7</b></p> <p><b>Breakfast</b> 2 oz yummy yogurt ½ c banana slices © ⅓ c granola<sup>1</sup> ¾ c 1% milk</p> <p><b>Lunch</b> chicken nuggets ¼ c steamed peas (A) © ¼ c diced pears © dinner roll ¾ c 1% milk</p> <p><b>PM Snack</b> Ritz Crackers<sup>1</sup> w cheddar cheese cubes</p>	<p><b>8</b></p> <p><b>Breakfast</b> mini bagels<sup>1</sup> w 1 tsp cream cheese ½ c awesome applesauce ¾ c 1% milk</p> <p><b>Lunch</b> 1 corn dog ¼ c green beans (A) ¼ c fruit cocktail (A)© ¾ c 1% milk</p> <p><b>PM Snack</b> (1) bag pretzels 1 oz string cheese</p>	<p><b>9</b></p> <p><b>Breakfast</b> scrambled eggs w cheese ½ warm pita ½ c blueberries ¾ c 1% milk</p> <p><b>Lunch</b> <b>1 ½ oz cubed steak and gravy</b> ¼ c mashed potatoes ¼ c cooked carrots ¼ c pineapple © ¾ c 1% milk</p> <p><b>PM Snack</b> Goldfish crackers ¾ c 1% milk</p>

**Children under the age of 2 are served whole milk where 1% milk is noted on the menu.**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p align="center"><b>VBS Week 12</b></p> <p><b>Breakfast</b>            ⅓ c whole-grain cereal<sup>1</sup>            ½ c banana slices ©            ¾ c 1% milk</p> <p><b>Lunch</b>            1 corn dog            ¼ c green beans (A)            ¼ c fruit cocktail (A)©            ¾ c 1% milk</p> <p><b>PM Snack</b>            garlic breadsticks w            tomato sauce or ranch            ¾ c 1% milk</p>	<p align="center"><b>VBS Week 13</b></p> <p><b>Breakfast</b>            2 oz yummy yogurt            ½ c scrumptious            strawberries©            ⅓ c granola<sup>1</sup>            ¾ c 1% milk</p> <p><b>Lunch</b>            1 ½ oz chicken w brown rice            dinner roll            ¼ cup spring salad            ¼ cup peaches            ¾ c 1% milk</p> <p><b>PM Snack</b>            (1) bag pretzels            1 oz string cheese</p>	<p align="center"><b>VBS Week 14</b></p> <p><b>Breakfast</b>            scrambled eggs w ½ slice            whole-grain terrific toast<sup>1</sup>            ½ c fresh orange sections©            ¾ c 1% milk</p> <p><b>Lunch</b>            turkey and cheese sandwich            ¼ c carrot sticks            ¼ c celery sticks w ranch            ¼ c clementine            baked lays chips            ¾ c 1% milk</p> <p><b>PM Snack</b>            Goldfish crackers            ¾ c 100% juice</p>	<p align="center"><b>VBS Week 15</b></p> <p>3 french toast sticks<sup>1</sup> w/ 1            tbsp w/low calorie syrup            ½ c applesauce            ¾ c 1% milk</p> <p><b>Lunch</b>            popcorn chicken            ¼ c mixed veggies (A) ©            ¼ c mandarin oranges (A)©            ¾ c 1% milk</p> <p><b>PM Snack</b>            trail mix (pretzels, banana            chips Chex, Craisins, Cheerios)            ¾ c 1% milk</p>	<p align="center"><b>VBS Week 16</b></p> <p><b>Breakfast</b>            ⅓ c whole-grain cereal<sup>1</sup>            ½ c apple slices ©            ¾ c 1% milk</p> <p><b>Lunch Bunch</b>            soft tortilla<sup>1</sup> w 1½ oz            seasoned ground beef            cheese, lettuce, tomato, sour            cream, tomato salsa            ¼ c steamed corn (A)            ¼ c pineapple ©            ¾ c 1% milk</p> <p><b>PM Snack</b>            1 Nutri-Grain cereal bar<sup>1</sup>            4 oz 1% milk</p>
<p align="center"><b>Donuts with Dad 19</b></p> <p><b>Breakfast</b>            ⅓ c whole-grain cereal<sup>1</sup>            ½ c scrumptious            strawberries©            ¾ c 1% milk</p> <p><b>Lunch</b>            1½ oz BBQ chicken<sup>1</sup> on ½ bun            w slaw            ¼ c green beans (A)            ¼ c diced pears ©            ¾ c 1% milk</p> <p><b>PM Snack</b>            1 Nutri-Grain cereal bar<sup>1</sup>            4 oz 1% milk</p>	<p align="center"><b>First Day of Summer 20</b></p> <p><b>Breakfast</b>            ½ slice whole-grain terrific            toast<sup>1</sup> w/ 1 tsp all-fruit spread            ½ c apple slices            ¾ c 1% milk</p> <p><b>Lunch</b>            5 breaded chicken nuggets<sup>1</sup>            ¼ c cheesy mashed potatoes©            ¼ c mixed veggies (A) ©            ¼ c mandarin oranges (A)©            ¾ c 1% milk</p> <p><b>PM Snack</b>            (1) bag pretzels            1 oz string cheese</p>	<p align="center"><b>21</b></p> <p><b>Breakfast</b>            scrambled eggs w cheese            ½ warm pita            ½ c blueberries            ¾ c 1% milk</p> <p><b>Lunch</b>            cheese pita pizzas            ¼ c steamed peas (A) ©            ¼ c fruit cocktail (A)©            ¾ c 1% milk</p> <p><b>PM Snack</b>            trail mix (pretzels, banana            chips Chex, Craisins, Cheerios)            ¾ c 1% milk</p>	<p align="center"><b>22</b></p> <p><b>Breakfast</b>            bagesl<sup>1</sup> breakfast sandwich w/            eggs and turkey sausage            ½ c applesauce            ¾ c 1% milk</p> <p><b>Lunch</b>            hot ham and cheese on bun            ¼ c corn            ¼ c celery sticks w ranch            ¼ c peaches            ¾ c 1% milk</p> <p><b>PM Snack</b>            garlic breadsticks w pasta            sauce            ¾ c 1% milk</p>	<p align="center"><b>Olympic Day 23</b></p> <p><b>Breakfast</b>            2 oz yummy yogurt            ½ c banana slices ©            ⅓ c granola<sup>1</sup>            ¾ c 1% milk</p> <p><b>Lunch</b>            1 ½ oz beef meat loaf            ¼ c cooked carrots            ¼ c cheesy potatoes            ¼ c pineapple ©            ¾ c 1% milk</p> <p><b>PM Snack</b>            Goldfish crackers            ¾ c 1% milk</p>

<b>26</b>	<p><b>Breakfast</b> 2 oz yummy yogurt ½ c scrumptious strawberries© ⅓ c granola<sup>1</sup> ¾ c 1% milk</p> <p><b>Lunch</b> fish nuggets dinner roll ¼ c steamed broccoli ¼ cup peaches ¾ c 1% milk</p> <p><b>PM Snack</b> Goldfish crackers ¾ c 100% juice</p>	<b>27</b>	<p><b>Breakfast</b> mini bagels<sup>1</sup> w 1 tsp cream cheese ½ c awesome applesauce ¾ c 1% milk</p> <p><b>Lunch</b> chicken alfredo ¼ c mixed veggies ¼ c pears ¾ c 1% milk</p> <p><b>Snack</b> turkey and cheese roll ups ¾ c 1% milk</p>	<b>28</b>	<p><b>Breakfast</b> ½ slice whole-grain terrific cheesy toast<sup>1</sup> ½ c fresh orange sections© ¾ c 1% milk</p> <p><b>Lunch</b> 1 ½ oz grilled cheese sandwich<sup>1</sup> ¼ c corn ¼ c cutie mandarins ¾ c 1% milk</p> <p><b>PM Snack</b> Ritz Crackers<sup>1</sup> w cheddar cheese cubes</p>	<b>29</b>	<p><b>Breakfast</b> ⅓ c whole-grain cereal<sup>1</sup> ½ c banana slices © ¾ c 1% milk</p> <p><b>Lunch</b> 1 ½ oz fish nuggets ¼ c peas ¼ c apple slices ¾ c 1% milk</p> <p><b>PM Snack</b> 1 Nutri-Grain cereal bar<sup>1</sup> 4 oz 100% Juice ©</p>	<b>Cooking Day 30</b>	<p><b>Breakfast</b> blueberry waffles ½ c blueberries ¾ c 1% milk</p> <p><b>Lunch</b> popcorn chicken ¼ c mixed veggies (A) © ¼ c fruit salad ¾ c 1% milk</p> <p><b>PM Snack</b> frozen banana pops ¾ c 1% milk</p>
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Menu Codes: (A) = Vitamin A, served at least twice a week

© = Vitamin C, served each day

1 = Iron, served each day