

Lamb of God ECM Meals

Menu: June 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 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	3	4	5	6	7
			Milk Fresh Apples Slices WG Cheerios Cereal	Milk Fresh Bananas WG French Toast Sticks <i>low calorie/low sugar syrup</i>	Milk Fresh Orange Slices WG Toast <i>fruit spread</i>	Milk Unsweetened Applesauce Biscuits <i>fruit spread</i>	“Breakfast on a Stick” Milk Blueberries WG Pancake on a stick with Turkey Sausage
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 “Sloppy Joe Sandwich” Seasoned Ground Beef Canned Pineapple Canned Mixed Veggies WG Hamburger Bun	Milk “Cheese Pita Pizza” Mozzarella Cheese Canned Green Beans Canned Pears	Milk “BBQ Chicken” Season Diced Chicken Canned Mandarins Canned Peas Cole Slaw WG Corn Muffin	Milk “Turkey & Cheese Sandwich” Turkey Slice & Cheese Slice Canned Fruit Cocktail Canned Carrots WG Bread Slice	Milk All Beef Hot Dogs or Hamburger Corn on the Cobb Fresh Mandarins 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)	Milk Ritz Crackers	Colby Cheese Cubes Club Crackers	Grapes Saltine Crackers	Milk WG Pretzel Goldfish	Milk 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**