


Lamb of God Early Childhood Ministry June 2020 Meals Menu

Week 1-PK	(Age) 1-2	(Age) 3-5	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast ✓ Fluid Milk* ✓ Vegetables or Fruits or Portions of Both ✓ Grains (oz eq) WGR or Enriched Bread WGR or Enriched Bread Product WGR, Enriched or Fortified Cooked Cereal, Cereal Grain, and/or pasta Flakes/Rounds Puffed Cereal Granola	½ cup ¼ cup ½ slice ½ serving ¼ cup ½ cup ¾ cup 1/8 cup	¾ cup ½ cup ½ slice ½ serving ¼ cup ½ cup ¾ cup 1/8 cup	1 Milk Apples WG Cheerios Cereal Did you know? It's Say Something Nice Day	2 Milk Oranges WG Toast fruit spread	3 Milk Sliced Strawberries Rice Chex Cereal Mini VBS Week: Under Construction	4 Milk Unsweetened Applesauce WG French Toast Sticks	5 Milk Bananas WG Muffin Did you know? It's Donut Day and World Environment Day
Lunch ✓ Fluid Milk* ✓ Meat or Poultry or Fish or Cheese or Meat Alternate ✓ Vegetable ✓ Fruit ✓ Grains (oz eq) WGR or Enriched Bread WGR or Enriched Bread Product WGR, Enriched or Fortified Cooked Cereal, Cereal Grain, and/or pasta	½ cup 1 oz 1/8 cup 1/8 cup ½ slice ½ serving ¼ cup	¾ cup 1 ½ oz ¼ cup ¼ cup ½ slice ½ serving ¼ cup	Beef Pasta Bake Milk Seasoned Ground Beef Sauce Corn on the Cob Fruit Cocktail Noodles 	Salisbury Steak & Gravy Milk Beef Steak Patty w Gravy Green Beans Peaches Hawaiian Roll Peanut Butter Club Crackers	Turkey Joes Milk Seasoned Ground Turkey in Sloppy Joe Sauce Steamed Broccoli Pears WG Hamburger Bun 100% Juice Saltine Crackers with WW	Turkey & Cheese Sliders Milk Turkey Sandwich Slices with Cheddar Steamed Cauliflower Mandarin Oranges WG Sandwich Bread Slices Cucumber Coins and Carrot Sticks with Ranch Wheat Thins	Chicken Drumsticks Milk WG Breaded Drummie Shaped Chicken Nuggets Mixed Veggies Mixed Tropical Fruit Milk WG Cheddar Goldfish
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)	Cheese Stick Ritz Crackers	Peanut Butter Club Crackers	100% Juice Saltine Crackers with WW	Cucumber Coins and Carrot Sticks with Ranch Wheat Thins	Milk WG Cheddar Goldfish

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


Listed fruit and vegetable are canned unless otherwise noted

WG = Whole Grain WGR = Whole Grain Rich

Water is available throughout the day to all

"This institution is an equal opportunity provider"

Lamb of God Early Childhood Ministry June 2020 Meals Menu

Week 2-IT	(Age) 1-2	(Age) 3-5	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast ✓ Fluid Milk* ✓ Vegetables or Fruits or Portions of Both ✓ Grains (oz eq) WGR or Enriched Bread WGR or Enriched Bread Product WGR, Enriched or Fortified Cooked Cereal, Cereal Grain, and/or pasta Flakes/Rounds Puffed Cereal Granola	½ cup ¼ cup ½ slice ½ serving ¼ cup ½ cup ¾ cup 1/8 cup	¾ cup ½ cup ½ slice ½ serving ¼ cup ½ cup ¾ cup 1/8 cup	Hat Day 8 Apples Turkey Sausage WG Biscuits fruit spread Did you know? It's Best Friends Day	Favorite Team Day 9 Milk Oranges Rice Chex Cereal	Pajama Day 10 Milk Sliced Strawberries Rice Krispies Cereal	Color Day 11 Milk Unsweetened Applesauce WG French Toast Sticks	Flip Flop Sandals Day 12 Milk Bananas WG Toast Did you know? It's Flip Flop Day
L-E-T-S G-O LOG! IT'S Spirit Week!!							
Lunch ✓ Fluid Milk* ✓ Meat or Poultry or Fish or Cheese or Meat Alternate ✓ Vegetable ✓ Fruit ✓ Grains (oz eq) WGR or Enriched Bread WGR or Enriched Bread Product WGR, Enriched or Fortified Cooked Cereal, Cereal Grain, and/or pasta	½ cup 1 oz 1/8 cup 1/8 cup ½ slice ½ serving ¼ cup	¾ cup 1 ½ oz ¼ cup ¼ cup ½ slice ½ serving ¼ cup	Lasagna Pasta Bake Milk Seasoned Ground Beef Sauce Carrots Green Salad Pears Lasagna Noodles	Salisbury Steak & Gravy Milk Beef Steak Patty w Gravy Green Beans Tropical Fruit Brown Rice	Chicken Parmesan Milk WG Breaded Chicken Patty with Pasta Sauce and Cheese Mixed Veggies Green Salad Fresh Mandarins WG Spaghetti Sauce	Roast Chicken & Gravy Milk Roasted Diced Chicken Slices with Gravy Peas Peaches WG Corn Muffins	Pita Pizza Milk Mozzarella Cheese/Pasta Sauce Corn Pineapple Pita
							
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)	Cheese Stick Ritz Crackers	Dried Cranberries Club Crackers	100% Juice Saltine Crackers with WW	Cheese Cubes Wheat Thins	Milk Watermelon Sticks and Yogurt Dip



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Lamb of God Early Childhood Ministry June 2020 Meals Menu

Week 3-PK	(Age) 1-2	(Age) 3-5	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast ✓ Fluid Milk* ✓ Vegetables or Fruits or Portions of Both ✓ Grains (oz eq) WGR or Enriched Bread WGR or Enriched Bread Product WGR, Enriched or Fortified Cooked Cereal, Cereal Grain, and/or pasta Flakes/Rounds Puffed Cereal Granola	½ cup ¼ cup ½ slice ½ serving ¼ cup ½ cup ¾ cup 1/8 cup	¾ cup ½ cup ½ slice ½ serving ¼ cup ½ cup ¾ cup 1/8 cup	Wear Blue 15 Milk Oranges Krispy Rice Cereal	Wear Red 16 Milk Juicy Red Apples WG Cheesy Toast	Wear Yellow 17 Milk Sweet Yellow Bananas WG Corn Puffs Did you know? It's Eat Your Veggies Day	Wear Green 18 Milk Unsweetened Applesauce with Green Kiwi WG French Toast Sticks	Wear Brown 19 Donuts for Dads Milk Sliced Strawberries WG Apple Brown Cinnamon Muffin
Colors Everywhere! It's Color Week							
Lunch ✓ Fluid Milk* ✓ Meat or Poultry or Fish or Cheese or Meat Alternate ✓ Vegetable ✓ Fruit ✓ Grains (oz eq) WGR or Enriched Bread WGR or Enriched Bread Product WGR, Enriched or Fortified Cooked Cereal, Cereal Grain, and/or pasta	½ cup 1 oz 1/8 cup 1/8 cup ½ slice ½ serving ¼ cup	¾ cup 1 ½ oz ¼ cup ¼ cup ½ slice ½ serving ¼ cup	Beef Pasta Bake Milk Seasoned Ground Beef Sauce Cooked Carrots Pineapple Noodles 	Stroganoff Meatballs Milk Beef Meatballs in Stroganoff Sauce with Mushrooms Green Salad Peas Peaches Hawaiian Roll 	Turkey Chili Milk Seasoned Ground Turkey in Sloppy Joe Sauce Corn on the Cob Pears Brown Rice 	Turkey & Cheese Sliders Milk Turkey Sandwich Slices with Cheddar Green Beans Mandarin Oranges WG Sandwich Bread Slices Dill Pickle Spear Baked Chips 	Chicken Drumsticks Milk WG Breaded Drummie Shaped Chicken Nuggets Mixed Veggies Green Salad Mixed Tropical Fruit ketchup or BBQ sauce 
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)	Fresh Blueberries WG Cheddar Goldfish	Cucumber Coins and Carrot Sticks with Ranch	100% Juice Saltine Crackers with WW	Wheat Thins Peanut Butter Club Crackers	Milk Cheese Stick Ritz Crackers

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Lamb of God Early Childhood Ministry June 2020 Meals Menu

Week 4-IT	(Age) 1-2	(Age) 3-5	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast ✓ Fluid Milk* ✓ Vegetables or Fruits or Portions of Both ✓ Grains (oz eq) WGR or Enriched Bread WGR or Enriched Bread Product WGR, Enriched or Fortified Cooked Cereal, Cereal Grain, and/or pasta Flakes/Rounds Puffed Cereal Granola	½ cup ¼ cup ½ slice ½ serving ¼ cup ½ cup ¾ cup 1/8 cup	¾ cup ½ cup ½ slice ½ serving ¼ cup ½ cup ¾ cup 1/8 cup	22 Apples Turkey Sausage WG Biscuits fruit spread	23 Milk Oranges Corn Puff Cereal Milk	24 Milk Sliced Strawberries WG Cheerios Cereal	25 Milk Unsweetened Applesauce WG French Toast Sticks unsweetened or low sugar syrup	26 Milk Bananas Tortillas Scrambled Eggs
Farm Week							
Lunch ✓ Fluid Milk* ✓ Meat or Poultry or Fish or Cheese or Meat Alternate ✓ Vegetable ✓ Fruit ✓ Grains (oz eq) WGR or Enriched Bread WGR or Enriched Bread Product WGR, Enriched or Fortified Cooked Cereal, Cereal Grain, and/or pasta	½ cup 1 oz 1/8 cup 1/8 cup ½ slice ½ serving ¼ cup	¾ cup 1 ½ oz ¼ cup ¼ cup ½ slice ½ serving ¼ cup	Lasagna Pasta Bake Milk Seasoned Ground Beef Sauce Carrots Green Salad Pears Lasagna Noodles 	Salisbury Steak & Gravy Milk Beef Steak Patty w Gravy Green Beans Tropical Fruit Brown Rice Chocolate Pudding	Chicken Parmesan Milk WG Breaded Chicken Patty with Pasta Sauce and Cheese Mixed Veggies Green Salad Fresh Mandarins WG Spaghetti Sauce	Roast Chicken & Gravy Milk Roasted Diced Chicken Slices with Gravy Peas Peaches WG Corn Muffins 	Fish Milk Fish Sticks Corn Pineapple Pita
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)	Cheese Stick Ritz Crackers	Dried Cranberries Club Crackers	100% Juice Saltine Crackers with WW Pink Piggy Bagels	Cheese Cubes Wheat Thins	Milk Watermelon Sticks and Yogurt Dip

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