









Lamb of God ECM Meals Menu: March 2019

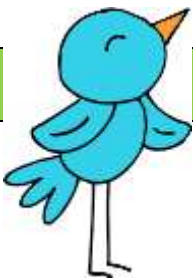
Week 1– IT	(Age) 1-2	(Age) 3-5	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast ✓ Fluid Milk* ✓ Juice or Fruit or Vegetable ✓ Grains/Bread or Cold Dry Cereal or Cooked Cereal	½ cup ¼ cup ½ slice (or ½ serving) ¼ cup (or 1/3 oz) ¼ cup	¾ cup ½ cup ½ slice (or ½ serving) ¼ cup (or 1/3 oz) ¼ cup	Cat in the Hat Day 4 Milk Fresh Sliced Strawberries & Bananas Krispy Rice Cereal 	Oh The Places You'll Go! 5 Milk Fresh Apple Slices WG Maple Burst'n Mini Pancakes low calorie/low sugar syrup 	Wacky Wednesday 6 Milk Fresh Orange Slices WG Toast fruit spread 	One Fish Two Fish 7 Milk "Green Eggs & Ham" Blueberries & Bananas WG Tortilla Scrambled Eggs Ham Slice 	The Sleep Book 8 Milk Unsweetened Applesauce WG French Toast Sticks low calorie/low sugar syrup 
Dr Seuss Week!							
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 Pears WG Pita	Milk WG Breaded Chicken Drumsticks Canned Fruit Cocktail Canned Peas (ketchup)	Milk "Chicken Quesadilla" Season Diced Chicken & Cheese Canned Corn Canned Pineapple (salsa, sour cream)	Milk "One Fish Two Fish" Breaded Fish & Stars Steamed Broccoli Fresh Mandarins Roll (tartar sauce)	Milk "Turkey & Cheddar Sandwich" Turkey Slices Garden Salad Canned Fruit Cocktail WG Bread Cheese Slice
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)	Colby Cheese Cubes Club Crackers	Milk Annie's WG Bunny Grahams 	Milk (Pink Yink Drink) WG Apple Cinnamon Muffins	Milk Soft Pretzel 	Milk WG Animal Crackers 

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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 Raising Riley Storytime Milk Fresh Sliced Strawberries French Toast Sticks <i>low calorie /low sugar syrup</i>	13 Milk Unsweetened Apple Sauce WG Cheesy Toast	14 Milk Fresh Bananas WG Maple Burst'n Mini Pancakes <i>low calorie /low sugar syrup</i>	15 Milk Orange Slices Warm Pita Turkey Sausage Patty
SPRING BREAK WEEK! LOG Activity Week							
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 Soft Tacos” Seasoned Diced Chicken Canned Corn Canned Pears WG Tortilla <i>sour cream, lettuce, tomato, cheese, salsa</i>	Milk “Sloppy Joes” Seasoned Ground Beef Canned Peas Fresh Mandarin Oranges WG Hamburger Bun	Milk Breaded Fish and Stars Carrot Chips & Cherry Tomatoes Fresh Grapes Roll	Milk “Salisbury Steak & Gravy” Beef Patty Canned Green Beans Canned Pineapples Brown Rice	Milk “Turkey Chili” Seasoned Ground Turkey with Beans Canned Mixed Veggies
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>	Milk Soft Pretzel	Milk Cheese Quesadilla on WG Tortilla

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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 Fresh Sliced Strawberries WG Corn Puff Cereal	19 Milk Bananas WG Maple Burst'n Mini Pancakes <i>low calorie/low sugar syrup</i>	20 Milk Fresh Orange Slices WG Toast <i>fruit spread</i>	21 Milk Blueberries WG Tortilla Scrambled Eggs Ham Slice	22 Milk Fresh Apple Slices WG French Toast Sticks <i>low calorie/low sugar syrup</i>
CACFP Week!							
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 Pears Pita	Milk WG Breaded Chicken Drumsticks Canned Fruit Cocktail Canned Peas (ketchup)	Milk Chicken Quesadilla Season Diced Chicken & Cheese Canned Corn Canned Pineapple (salsa, sour cream)	Milk Breaded Fish & Stars Steamed Broccoli Fresh Mandarins Roll (tartar sauce)	Cooking with Ms Ann Milk Turkey & Cheddar Sandwich Turkey Slices Garden Salad No Cook Applesauce WG Bread Cheese Slice
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)	Colby Cheese Cubes Club Crackers	Milk WG Colorful Goldfish	Cooking in the Classroom Fresh Strawberries Yogurt Parfait Vanilla Yogurt Granola	Milk WG Apple Cinnamon Muffins	Milk WG Animal Crackers

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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 WG French Toast Sticks <i>low calorie /low sugar syrup</i>	Dr Seuss Night 4-6 27 Milk Unsweetened Apple Sauce Warm Pita fruit spread	28 Milk Fresh Bananas Cheerios <i>low calorie /low sugar syrup</i>	Parent's Night Out 29 Milk Orange Slices WG Tortilla 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 Soft Tacos” Seasoned Diced Chicken Canned Corn Canned Pears WG Tortilla sour cream, lettuce, tomato, cheese, salsa	Milk “Spaghetti & Meat Sauce” Seasoned Ground Beef Canned Peas Fresh Mandarin Oranges WG Pasta	Milk Breaded Fish and Stars Carrot Chips & Cherry Tomatoes Fresh Grapes Roll	Milk “Salisbury Steak & Gravy” Beef Patty Canned Carrots Canned Pineapples Brown Rice	Milk “Turkey Chili” Seasoned Ground Turkey with Beans Canned Mixed Veggies Canned Fruit Cocktail
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 (cereal, crasins, banana chips, chocolate chips)	Milk Ritz Crackers	Milk Celery Sticks WG Colorful Goldfish Crackers cream cheese	Milk Soft Pretzel	Milk Cheese Stuffed Breadsticks (marinara or ranch)

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