

Lamb of God Early Childhood Ministry


Monthly Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Teacher Appreciation Week 1</p> <p>Breakfast ½ c whole-grain cereal¹ ½ c banana slices © ¾ c 1% milk</p> <p>Lunch 1 ½ oz grilled cheese sandwich¹ ¼ c steamed broccoli ¼ c cutie mandarins ¾ c 1% milk</p> <p>PM Snack 1 bag pretzels 1 oz string cheese</p>	<p>Teacher Appreciation Week 2</p> <p>Breakfast ½ slice whole-grain terrific cheesy toast¹ ½ c fresh orange sections© ¾ c 1% milk</p> <p>Lunch taco salad 1 ½ oz seasoned beef¹, cheese, lettuce, tomato, sour cream, and salsa (A) ¼ c steamed corn (A) ¼ c peaches (A) ¾ c 1% milk</p> <p>PM Snack Goldfish crackers ¾ c 1% milk</p>	<p>Teacher Appreciation Week 3</p> <p>Breakfast 1 boiled egg w English muffin ½ c scrumptious strawberries© ¾ c 1% milk</p> <p>Lunch 5 breaded chicken nuggets¹ ¼ c mashed potatoes© ¼ c asparagus spears ¼ c fruit cocktail ¾ c 1% milk</p> <p>PM Snack 1 bag Teddy Grahams ¾ c 1% milk</p>	<p>Teacher Appreciation Week 4</p> <p>Orange Juice Day</p> <p>Breakfast 3 french toast sticks¹ w/ 1 tbsp w/low calorie syrup ½ c applesauce ¾ c 1% milk</p> <p>Lunch chicken patty on bun w/lettuce, tomato, & cheese ¼ pineapple© ¾ c 1% milk</p> <p>PM Snack trail mix (pretzels, Chex, craisins, banana chips, Cheerios) ¾ c orange juice</p>	<p>Teacher Appreciation Week 5</p> <p>Breakfast waffles¹ w 1 tbsp low calorie syrup ½ c apple slices ¾ c 1% milk</p> <p>Lunch spaghetti with meat sauce ¼ c garden salad ¼ c mandarin oranges ¾ c 1% milk</p> <p>PM Snack animal crackers¹ ¾ c 1% milk</p>
<p>8</p> <p>Breakfast 2 oz yummy yogurt ½ c banana slices © ⅓ c granola¹ ¾ c 1% milk</p> <p>Lunch Sloppy Joe on bun ¼ c carrot sticks w ranch ¼ c steamed broccoli ¼ c peaches (A) ¾ c 1% milk</p> <p>PM Snack 1 Nutri-Grain cereal bar¹ 4 oz 100% Juice ©</p>	<p>9</p> <p>Lunch Bunch</p> <p>Breakfast ½ slice whole-grain terrific toast¹ w/ 1 tsp all-fruit spread ½ c apple slices ¾ c 1% milk</p> <p>Lunch: Super Nacho Day!! 1 ½ oz chicken & black bean nachos w lettuce, tomato salsa, & sour cream ¼ c steamed corn (A) ¼ c mandarin oranges A)© ¾ c 1% milk</p> <p>PM Snack 1 oz string cheese¹ Crasins</p>	<p>10</p> <p>Breakfast 2 pancakes¹ w 1 tbsp low calorie syrup ½ c fresh orange sections© ¾ c 1% milk</p> <p>Lunch cheeseburger macaroni ¼ c steamed peas (A) © ¼ c diced pears © dinner roll ¾ c 1% milk</p> <p>PM Snack Ritz Crackers¹ w cheddar cheese cubes</p>	<p>11</p> <p>Breakfast 1 boiled egg mini bagels¹ w 1 tsp cream cheese ½ c awesome applesauce ¾ c 1% milk</p> <p>Lunch 1 corn dog ¼ c green beans (A) ¼ c cucumber salad ¼ c fruit cocktail (A)© ¾ c 1% milk</p> <p>PM Snack animal crackers¹ ¾ c 1% milk</p>	<p>12</p> <p>Muffins with Mom</p> <p>Breakfast ⅓ c whole-grain cereal¹ ½ c scrumptious strawberries© ¾ c 1% milk</p> <p>Lunch 1 ½ oz BBQ chicken on bun w cole slaw ¼ c cooked carrots ¼ c pineapple © ¾ c 1% milk</p> <p>PM Snack 1 bag pretzels 1 oz string cheese</p>

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">15</p> <p>Breakfast $\frac{1}{3}$ c whole-grain cereal¹ $\frac{1}{2}$ c banana slices © $\frac{3}{4}$ c 1% milk</p> <p>Lunch 1 corn dog $\frac{1}{4}$ c green beans (A) $\frac{1}{4}$ c fruit cocktail (A)© $\frac{3}{4}$ c 1% milk</p> <p>PM Snack garlic breadsticks tomato sauce or ranch $\frac{3}{4}$ c 1% milk</p>	<p style="text-align: right;">16</p> <p>Breakfast 2 oz yummy yogurt $\frac{1}{2}$ c scrumptious strawberries© $\frac{1}{3}$ c granola¹ $\frac{3}{4}$ c 1% milk</p> <p>Lunch 1 $\frac{1}{2}$ oz chicken w brown rice dinner roll $\frac{1}{4}$ cup spring salad $\frac{1}{4}$ cup peaches $\frac{3}{4}$ c 1% milk</p> <p>PM Snack (1) bag pretzels 1 oz string cheese</p>	<p style="text-align: right;">17</p> <p>Breakfast scrambled eggs w $\frac{1}{2}$ slice whole-grain terrific cheesy toast¹ $\frac{1}{2}$ c fresh orange sections© $\frac{3}{4}$ c 1% milk</p> <p>Lunch: Bag Lunch turkey and cheese sandwich $\frac{1}{4}$ c carrot sticks $\frac{1}{4}$ c celery sticks w ranch $\frac{1}{4}$ c clementine 1 bag baked lays chips $\frac{3}{4}$ c 1% milk</p> <p>PM Snack Goldfish crackers $\frac{3}{4}$ c 1% milk</p>	<p style="text-align: right;">18</p> <p>Breakfast breakfast casserole w eggs, potatoes, cheese, & turkey sausage $\frac{1}{2}$ warm pita $\frac{1}{2}$ c blueberries $\frac{3}{4}$ c 1% milk</p> <p>Lunch ranch turkey sliders $\frac{1}{4}$ c mixed veggies (A) © $\frac{1}{4}$ c mandarin oranges A)© $\frac{3}{4}$ c 1% milk</p> <p>PM Snack trail mix (pretzels, Chex, Craisins, Cheerios) $\frac{3}{4}$ c 1% milk</p>	<p style="text-align: right;">19</p> <p>Breakfast 2 pancakes¹ w 1 tbsp low calorie syrup $\frac{1}{2}$ c apple slices $\frac{3}{4}$ c 1% milk</p> <p>Lunch soft flour tortilla¹ w 1 $\frac{1}{2}$ oz seasoned chicken cheese, lettuce, tomato, sour cream, tomato salsa $\frac{1}{4}$ c steamed corn (A) $\frac{1}{4}$ c pineapple © $\frac{3}{4}$ c 1% milk</p> <p>PM Snack animal crackers¹ $\frac{3}{4}$ c 1% milk</p>
<p style="text-align: right;">Cooking Day 22</p> <p>Breakfast 2 oz yummy yogurt $\frac{1}{2}$ c scrumptious strawberries© $\frac{1}{3}$ c granola¹ $\frac{3}{4}$ c 1% milk</p> <p>Lunch 1 $\frac{1}{2}$ oz BBQ chicken¹ on $\frac{1}{2}$ bun w slaw $\frac{1}{4}$ c green beans (A) $\frac{1}{4}$ c diced pears © $\frac{3}{4}$ c 1% milk</p> <p>PM Snack: Cooking Day smashed cauliflower bites warm pita $\frac{3}{4}$ c 1% milk</p>	<p style="text-align: right;">23</p> <p>Breakfast $\frac{1}{2}$ slice whole-grain terrific cheesy toast¹ $\frac{1}{2}$ c fresh orange sections© $\frac{3}{4}$ c 1% milk</p> <p>Lunch 5 breaded chicken nuggets¹ $\frac{1}{4}$ c cheesy mashed potatoes© $\frac{1}{4}$ c mixed veggies (A) © $\frac{1}{4}$ c mandarin oranges (A)© $\frac{3}{4}$ c 1% milk</p> <p>PM Snack Goldfish crackers $\frac{3}{4}$ c 1% milk</p>	<p style="text-align: right;">End of the Year/Graduation 24</p> <p>Breakfast waffles¹ w/ 1 tbsp low calorie syrup $\frac{1}{2}$ c blueberries $\frac{3}{4}$ c 1% milk</p> <p>Lunch pita pizzas $\frac{1}{4}$ c steamed peas (A) © $\frac{1}{4}$ c fruit cocktail (A)© $\frac{3}{4}$ c 1% milk</p> <p>PM Snack Ritz Crackers¹ w cheddar cheese cubes</p>	<p style="text-align: right;">25</p> <p>Breakfast bagesl¹ breakfast sandwich w/ eggs and turkey sausage $\frac{1}{2}$ c applesauce $\frac{3}{4}$ c 1% milk</p> <p>Lunch hot ham and cheese on bun $\frac{1}{4}$ c carrot sticks $\frac{1}{4}$ c celery sticks w ranch $\frac{1}{4}$ c halo mandarin $\frac{3}{4}$ c 1% milk</p> <p>PM Snack animal crackers¹ $\frac{3}{4}$ c 1% milk</p>	<p style="text-align: right;">26</p> <p>Breakfast $\frac{1}{3}$ c whole-grain cereal¹ $\frac{1}{2}$ c banana slices © $\frac{3}{4}$ c 1% milk</p> <p>Lunch 1 $\frac{1}{2}$ oz beef meat loaf $\frac{1}{4}$ c cooked carrots $\frac{1}{4}$ c cheesy potatoes $\frac{1}{4}$ c pineapple © $\frac{3}{4}$ c 1% milk</p> <p>PM Snack 1 bag pretzels 1 oz string cheese</p>

<p style="text-align: center;">Memorial Day 29 Lamb of God Closed</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 yellow</p>	<p style="text-align: center;">30</p> <p>Breakfast $\frac{1}{3}$ c whole-grain cereal¹ $\frac{1}{2}$ c banana slices © $\frac{3}{4}$ c 1% milk</p> <p>Lunch BBQ chicken pizza pita¹ $\frac{1}{4}$ c garden salad $\frac{1}{4}$ c pineapple © $\frac{3}{4}$ c 1% milk</p> <p>Snack turkey and cheese roll ups 100% juice</p>	<p style="text-align: center;">31</p> <p>Breakfast $\frac{1}{2}$ slice whole-grain terrific cheesy toast¹ $\frac{1}{2}$ c fresh orange sections© $\frac{3}{4}$ c 1% milk</p> <p>Lunch 1 $\frac{1}{2}$ oz chicken w brown rice dinner roll $\frac{1}{4}$ cup spring salad $\frac{1}{4}$ cup peaches $\frac{3}{4}$ c 1% milk</p> <p>Snack corn tortilla chips w vegetable salsa $\frac{3}{4}$ c 1% milk</p>	<p style="text-align: center;">May is ...</p> <p style="text-align: center;">Asparagus Month Hamburger Month Strawberry Month Salsa Month Salad Month</p> <hr/> <p>Families are encouraged to join us anytime for lunch, especially on our special lunch days highlighted in green</p>	<p style="text-align: center;">Hooray! Hooray! It's cooking day ...</p> <p style="text-align: center;">“Smashed Cauliflower Bites</p> <p>You will need: cauliflower, olive oil, garlic, season salt, parmesan cheese</p> <p>Instructions: toss steamed cauliflower with all ingredients and smash on a parchment lined baking sheet, cook at 450 degrees for 15 minutes</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