



Lamb of God ECM Meals Menu: April 2019

Week 5– 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	Monday 29 Milk Fresh Apples Slices WG Cheerios Cereal	Tuesday 30 Milk Fresh Bananas WG Toast <i>fruit spread</i>	Wednesday 1 Milk Fresh Orange Slices WG French Toast Sticks <i>low calorie/low sugar syrup</i>	Thursday 2 Milk Unsweetened Applesauce WG Tortilla Scrambled Eggs Turkey Slice	Friday 3 Milk Blueberries WG Reduced Sugar Cinnamon Toast Crunch
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 Roasted Pork Loin Canned Peaches Mashed Potatoes Roll	Milk “Cheese Pita Pizza” Mozzarella Cheese Fresh Mandarin Canned Corn Pita	Milk “Chicken Quesadilla” Season Diced Chicken & Cheese Canned Pineapple Canned Mixed Veggies <i>(salsa, sour cream)</i>	Milk WG Breaded Fish & Stars Canned Pears Steamed Broccoli Roll <i>(tartar sauce)</i>	Milk WG Breaded Chicken Drumsticks Garden Salad 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 WG Colorful Goldfish	Colby Cheese Cubes Club Crackers	Vegetable Salsa Unsalted Corn Tortilla Chips	Milk WG Pretzel Goldfish	Milk WG Apple Cinnamon Muffins

**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**



Lamb of God ECM Meals Menu: may 2019

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	13 Milk Apple Slices WG Corn Puff Cereal 	14 Milk Fresh Sliced Strawberries French Toast Sticks low calorie /low sugar syrup	15 Milk Unsweetened Apple Sauce WG Cheesy Toast	16 Milk Fresh Bananas WG Maple Burst'n Mini Pancakes low calorie /low sugar syrup	17 Milk Orange Slices Low Sugar Cinnamon Toast Crunch Cereal Bowl
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 "BBQ Chicken Sandwich" Seasoned Diced Chicken Canned Green Beans Canned Pineapples WG Bun Cole Slaw	Milk "Turkey & Cheese Sandwich" Turkey Slices Cheese Slices Celery Sticks & Carrot Chips Canned Pears WG Bread Slices	Milk "Hot Ham & Cheese" Ham Slice & Cheese Slice Carrot Chips & Cherry Tomatoes Fruit Cocktail WG Hamburger Bun	Milk "Super Nachos" Seasoned Ground Beef Canned Diced Carrots Fresh Mandarin WG Corn Tortilla Rounds (lettuce, tomato, salsa, sour cream, cheese) 	Milk "Mini Meatball Subs" Beef Meatballs in Pasta Sauce Canned Mixed Veggies Canned Peaches WG Hot Dog 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 WG Colorful Goldfish Crackers	Milk WG Animal Crackers	Milk Trail Mix (cereal, crasins, banana chips, chocolate chips)	Milk WG Pretzel Goldfish	Milk Wheat Thins


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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	20 Milk Fresh Apples Slices WG Cheerios Cereal	21 Milk Fresh Bananas WG French Toast Sticks <i>low calorie/low sugar syrup</i>	22 Milk Fresh Orange Slices WG Toast <i>fruit spread</i>	23 Milk Unsweetened Applesauce WG Maple Burstin Mini Pancakes <i>low calorie/low sugar syrup</i>	24 LOG CLOSED Teacher In-Service
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 Fresh Mandarins Canned Peas Cole Slaw	Milk “Turkey & Cheese Sandwich” Turkey Slice & Cheese Slice Canned Fruit Cocktail Canned Carrots WG Bread 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)	Milk WG Colorful Goldfish	Colby Cheese Cubes Club Crackers	Grapes Ritz Crackers	Milk WG Pretzel Goldfish	

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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	27 LOG Closed in Observance of 	28 Milk Fresh Sliced Strawberries Krispy Rice Cereal	29 Milk Apple Slices WG Toast <i>fruit spread</i>	30 Milk Fresh Bananas WG French Toast Sticks <i>low calorie /low sugar syrup</i>	31 Milk Orange Slices Low Sugar Cinnamon Toast Crunch Cereal Bowl
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 “Swedish Meatballs” Beef Meatballs Canned Carrots Canned Pears White Rice Garlic Bread	Milk “BBQ Chicken” Seasoned Diced Chicken Canned Peas Fruit Cocktail Cole Slaw WG Hamburger Bun	Milk “Super Nachos” Seasoned Ground Beef Canned Green Beans Fresh Mandarin WG Corn Tortilla Rounds (lettuce, tomato, salsa, sour cream, cheese)	Milk “Salisbury Steak & Gravy” Beef Patties in Gravy Canned Mixed Veggies Canned Pineapple Mashed Potatoes Bread 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)		Unsweetened Applesauce WG Animal Crackers	Milk Trail Mix (cereal, crasins, banana chips, chocolate chips)	Milk WG Pretzel Goldfish	Cheese Stick Wheat Thins

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