


Lamb of God Early Childhood Ministry May 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	Star Wars Day ! 4 Milk  Apples WG Cheerios Cereal May the 4 th be with you	Cinco De Mayo 5 Milk Oranges WG Toast fruit spread	Nurse's Day 6 Milk Sliced Strawberries Rice Chex Cereal	7 Milk Unsweetened Applesauce WG French Toast Sticks	Muffins for Mom 8 Milk Bananas WG Muffin
Teacher Appreciation 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	Noodle Bake Milk Seasoned Ground Beef in Tomato Sauce and Cheese Corn Pineapple Elbow Noodles Garlic Bread	Roast Chicken & Gravy Milk Roasted Chicken w Gravy Green Beans Peaches Hawaiian Roll	Turkey Joes Milk Seasoned Ground Turkey in Sloppy Joe Sauce Peas Pears WG Hamburger Bun	Turkey & Cheese Sliders Milk Turkey Sandwich Slices with Cheddar Steamed Cauliflower Mandarin Oranges Fruit Cocktail Pita	Beef Soft Tacos Milk Seasoned Ground Beef Mixed Veggies Mixed Fruit WG Tortilla
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 Cubes Ritz Crackers	Peanut Butter Club Crackers	100% Juice Saltine Crackers with WW	Cucumber Coins and Carrot Sticks with Ranch Wheat Thins	Milk Bean and Cheese Quesadilla on WG Tortilla

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

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"

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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 ½ cup ½ slice ½ serving ½ 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	11 Milk Oranges WG Biscuit Fruit Spread	12 Milk Apples WG Rice Chex Cereal	13 Milk Sliced Strawberries Warm Pita	14 Milk Unsweetened Applesauce WG French Toast Sticks	15 Milk Bananas WG Toast Fruit Spread
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	Noodle Bake Milk Seasoned Ground Beef in Tomato Sauce and Cheese Corn Mandarin Oranges Elbow Noodles Garlic Bread	Roast Chicken & Gravy Milk Roasted Chicken w Gravy Peas Fruit Cocktail Hawaiian Roll	Fish Sticks Milk Fish Sticks Carrots Pears Tartar Sauce	Salisbury Steak Milk Beef Patties in Gravy Green Beans Peaches Brown Rice	Pita Pizza Milk Mozzarella Cheese Mixed Veggies Pineapple Pasta Sauce 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)	Milk WG cheddar Goldfish	Peanut Butter Ritz Crackers	100% Juice Saltine Crackers with WW	Milk Wheat Thins	Dried Cranberries Club Crackers

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