

Lamb of God ECM Meals Menu: November 2018

Week 2 – 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	12 Milk Awesome Apple Slices Cheerios Cereal	13 Milk Orange Slices WG Slice of Toast	14 Milk Orange Mini Loaf Bananas	15 Milk Scrumptious Sliced Strawberries WG Blueberry Waffles	16 Milk Applesauce French Toast Sticks <i>low calorie syrup</i>
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 Breaded Fish Nuggets Corn Fruit Cocktail Roll <i>tarter sauce, ketchup</i>	Milk “Spaghetti & Meatballs” Beef Meatballs in Pasta Sauce Cooked Carrots Peaches French Bread	Milk “BBQ Chicken Sandwich” BBQ Seasoned Diced Chicken Steamed Broccoli and Cauliflower Pears Hamburger Bun	Milk Cheese Quesadilla & Tomato Soup Carrot Chips Fresh Mandarin Oranges <i>ranch</i>	Friendsgiving Lunch Bunch Milk Roast Turkey with Dressing Mashed Potatoes Green Beans Macaroni and Cheese Pineapple WG Roll <i>gravy, *various deserts</i>
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 Animal Crackers	Milk WG Colorful Goldfish	Frozen Yogurt Tube Ritz Crackers	Cheese Stick Saltine Crackers	Milk Club Crackers
Fluid milk for children 2 years of age and older must be low-fat or fat-free							

Special Days in November: **16** – Family and Friendsgiving Lunch Bunch ... **22** – **23** LOG Closed for Thanksgiving Break

This institution is an equal opportunity provider.