

Lamb of God ECM

Meals Menu

Week 1 – Pre K	(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	3	4	5	6	7
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 Mini Meatball Sub Diced Carrots Pineapple WG Hot Dog Bun	Milk Cheese Pita Pizzas Peas Pears WG Pita	Milk Hot Ham and Cheese on Bun Normandy Mixed Veggies Mandarin Oranges WG Hamburger Bun	Milk Chicken Quesadilla Steamed Broccoli Peaches WG Tortillas
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 Pretzels	Apple Juice Ritz Crackers	Frozen Go-Gurt Saltine Crackers	Cheese Stick Club Crackers

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

September is... • Better Breakfast Month • Potato Month

WG = whole grain

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Week 1 – Pre K	(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	10 Milk Cheerios	11 Milk	12 Milk Mini Blueberry Waffles	13 Milk WG Cheesy Toast	Picture Day 14 Milk
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	Milk Hot Ham and Cheese on Bun WG Hamburger Bun	Milk Lasagna Bake Diced Carrots	Milk Pineapple	Milk Mandarin Oranges
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)	Frozen Go-Gurt Club Crackers	Colorful Goldfish Crackers	Saltine Crackers	Ritz Crackers	Pretzels

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21 – Lunch Bunch

26 – Better Breakfast Day