

Weekly Menu

APRIL 21-25 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>BREAKFAST Cheerios, fruit, milk</p> <p>LUNCH Turkey and cheese w/crackers, mixed veggies, fruit, milk</p> <p>SNACK Pretzels, fruit</p>	<p>BREAKFAST Pancakes, fruit, milk</p> <p>LUNCH Hamburger, fruit, sweet potato tots, milk</p> <p>SNACK Ranch, Veggies</p>	<p>BREAKFAST Hash browns, turkey sausage , milk</p> <p>LUNCH Chicken quesadilla, fruit, peas, milk</p> <p>SNACK Veggie Straws, fruit</p>	<p>BREAKFAST Biscuits, fruit, milk</p> <p>LUNCH Baked ziti, garlic bread, fruit, broccoli, milk</p> <p>SNACK Belvita, Greek yogurt</p>	<p>BREAKFAST Special K, fruit, milk</p> <p>LUNCH Tuna macaroni salad, fruit, corn, milk</p> <p>SNACK Cheese, crackers</p>

PORTION SIZE GUIDELINES

Breakfast for ages 1-2: 4 oz fluid milk; 1/4 cup fruit; 1 oz protein; 1/2 slice, 1/4 cup dry, or 1/4 cup cooked grains

Breakfast for ages 3-5: 6 oz fluid milk; 1/2 cup fruit; 1.5 oz protein; 1/2 slice, 1/3 cup dry, or 1/4 cup cooked grains

Lunch for ages 1-2: 4 oz fluid milk; 1/8 cup vegetable; 1/8 cup fruit; 1 oz protein; 1/2 slice or 1/2 cup grains

Lunch for ages 3-5: 6 oz fluid milk; 1/4 cup vegetable; 1/4 cup fruit; 1.5 oz protein; 1/2 slice or 1/2 cup grains

Snack for all ages: 1/2 cup vegetable; 1/2 cup fruit; 1/2 oz protein; 1/2 slice or 1/2 cup grains