

Early Learning Center
May 2024

Every Breakfast Includes:

1. Fruit-1 Cup
2. All Whole Grain-1 to 2 Ounces
3. Dairy-8 Ounces

Optional meat/meat alternate may be offered as well.

Every Lunch Includes:

1. Fruit-1/2 Cup
2. Vegetable-3/4 Cup
3. All Whole Grain-1 to 2 Ounces
4. Protein-2 to 4 Ounces
5. Dairy-8 Ounces

You may have all 5 categories, but may take as few as 3. One of your 3 to 5 items **MUST** be a fruit or

Every Snack Includes 2 of the following Categories:

Fluid Milk
100% Juice, Fruit or Vegetable
Meat or Meat Alternate
Whole Grains

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Monday	Tuesday	Wednesday	Thursday	Friday
		1 <u>Breakfast: French Tst Sticks</u> Cheese Pizza Chicken Brown Rice California Vegetables Pineapple Rice Krispy Treat Snack: Baked Cheetos Puffs/Milk	2 <u>Breakfast: Breakfast Bites</u> Beef Soft Taco Corn Pears Milk Cookie Snack: Teddy Grahams/Milk	3 <u>Breakfast: Blueberry Muffin</u> Bosco Sticks Glazed Carrots Mac & Cheese Mixed Fruit Milk Snack: Fruit Cup/Milk
6 <u>Breakfast: Cereal</u> Domino's Cheese Pizza Mashed Potatoes Glazed Carrots Peaches Milk Snack: Cheese Stick/100% Juice	7 <u>Breakfast: Mini Waffles</u> Popcorn Chicken Chicken Brown Rice Broccoli Mandarin Oranges Milk Snack: Yogurt/100% Juice	8 <u>Breakfast: French Tst Sticks</u> Toasted Ravioli With Marinara Sauce Pasta Marinara California Vegetables Pineapple Edible Cookie Dough Snack: Homemade Cookie/Milk	9 <u>Breakfast: Breakfast Bites</u> Grilled Cheese Baked Beans Pears Milk Vanilla Ice Cream Cup Snack: Cheez-its/100% Juice	10 <u>Breakfast: Blueberry Muffin</u> Chicken Patty on Bun Penne Alfredo Ranch Tossed Salad w/Cheese Mixed Fruit Milk Snack: Goldfish-wg/100% Juice
13 <u>Breakfast: Cereal</u> Chicken Fried Chicken Mashed Potatoes Green Beans Peaches Milk Snack: Animal Crackers wg/Milk	14 <u>Breakfast: Mini Waffles</u> Spaghetti & Meatballs Broccoli Mandarin Oranges Milk Vanilla Ice Cream Cup Snack: Cheez-its/Milk	15 <u>Breakfast: French Tst Sticks</u> Cheese Pizza Chicken Brown Rice California Vegetables Pineapple Snack: Baked Cheetos Puffs/Milk	16 <u>Breakfast: Breakfast Bites</u> Beef Soft Taco Corn Pears Milk Strawberry Mango Slushy Cup Snack: Teddy Grahams/Milk	17 <u>Breakfast: Blueberry Muffin</u> Bosco Sticks Glazed Carrots Mac & Cheese Mixed Fruit Milk Snack: Fruit Cup/Milk
20 A Day - HALF DAY-LAST DAY Sack Lunch <u>Breakfast: Cereal</u> Ham & Cheese on Bun Baked Chips Baby Carrots Applesauce Cup Cookie	21	22 PD DAY FOR STAFF CLOSING CEREMONY 9 AM FOR STAFF AT CJB	23	24
27 MEMORIAL DAY NCD	28	29	30	31