

Early Learning Center
April 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 NO SCHOOL	2 <u>Cereal</u> Pasta Alfredo with Chicken Broccoli Mandarin Oranges Milk Snack: Cheez-its/Milk	3 <u>Breakfast: French Tst Sticks</u> Popcorn Chicken Chicken Brown Rice California Vegetables Pineapple Brownie Snack: Baked Cheetos Puffs/Milk	4 <u>Breakfast: Breakfast Bites</u> Beef Soft Taco Corn Pears Milk Cookie Snack: Teddy Grahams/Milk	5 <u>Breakfast: Blueberry Muffin</u> Bosco Sticks Glazed Carrots Mac & Cheese Mixed Fruit Milk Snack: Fruit Cup/Milk
8 <u>Breakfast: Cereal</u> Domino's Cheese Pizza Mashed Potatoes Glazed Carrots Peaches Milk Snack: Cheese Stick/100% Juice	9 <u>Breakfast: Mini Waffles</u> Popcorn Chicken Mac & Cheese Vegetable Medley Mandarin Oranges Milk Snack: Yogurt/100% Juice	10 <u>Breakfast: French Tst Sticks</u> Toasted Ravioli With Marinara Sauce Pasta Marinara California Vegetables Pineapple Edible Cookie Dough Snack: Homemade Cookie/Milk	11 <u>Breakfast: Breakfast Bites</u> Grilled Cheese Baked Beans Pears Milk Cookie Snack: Cheez-its/100% Juice	12 <u>Breakfast: Blueberry Muffin</u> Chicken Patty on Bun Penne Alfredo Ranch Tossed Salad w/Cheese Mixed Fruit Milk Snack: Goldfish-wg/100% Juice
15 <u>Breakfast: Cereal</u> Chicken Fried Chicken Mashed Potatoes Green Beans Peaches Milk Snack: Animal Crackers wg/Milk	16 <u>Breakfast: Mini Waffles</u> Pasta Alfredo with Chicken Broccoli Mandarin Oranges Milk Snack: Cheez-its/Milk	17 <u>Breakfast: French Tst Sticks</u> Cheese Pizza Pasta Marinara California Vegetables Pineapple Rice Krispy Treat Snack: Baked Cheetos Puffs/Milk	18 <u>Breakfast: Breakfast Bites</u> Beef Soft Taco Corn Pears Milk Cookie Snack: Teddy Grahams/Milk	19 NO SCHOOL PD DAY FOR STAFF
22 <u>Breakfast: Cereal</u> Domino's Cheese Pizza Mashed Potatoes Glazed Carrots Peaches Milk Snack: Cheese Stick/100% Juice	23 <u>Breakfast: Mini Waffles</u> Popcorn Chicken Mac & Cheese Vegetable Medley Mandarin Oranges Milk Snack: Yogurt/100% Juice	24 <u>Breakfast: French Tst Sticks</u> Toasted Ravioli With Marinara Sauce Pasta Marinara California Vegetables Pineapple Brownie Snack: Homemade Cookie/Milk	25 <u>Breakfast: Breakfast Bites</u> Grilled Cheese Baked Beans Pears Milk Cookie Snack: Cheez-its/100% Juice	26 <u>Breakfast: Blueberry Muffin</u> Chicken Patty on Bun Penne Alfredo Ranch Tossed Salad w/Cheese Mixed Fruit Milk Snack: Goldfish-wg/100% Juice
29 <u>Breakfast: Cereal</u> Chicken Fried Chicken Mashed Potatoes Green Beans Peaches Milk Snack: Animal Crackers wg/Milk	30 <u>Breakfast: Mini Waffles</u> Pasta Alfredo with Chicken Broccoli Mandarin Oranges Milk Snack: Cheez-its/Milk	1 <u>Breakfast: French Tst Sticks</u> Cheese Pizza Pasta Marinara 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