



# April 2024-Breakfast



Monday		Tuesday		Wednesday		Thursday		Friday	
Milk Banana Low Sugar Cereal	1	Milk Blueberries WG Mini Bagels Cream Cheese	2	Milk Fruit Cocktail Low Sugar Cereal	3	Milk Pineapples Granola Yogurt	4	Milk Pears Low Sugar Cereal	5
Milk Pineapples Low Sugar Cereal	8	Milk Applesauce WGR Waffles	9	Milk Peaches Low Sugar Cereal	10	Milk Fruit Cocktail Turkey Sausage Cheese Slice WGR Tortilla	11	Milk Pineapples Low Sugar Cereal	12
Milk Pears Low Sugar Cereal	15	Milk Mango WG French Toast Sticks	16	Milk Tropical Fruit Salad Low Sugar Cereal	17	Milk Frozen Mixed Berries WGR Pancakes	18	Milk Mixed Fruit Low Sugar Cereal	19
Milk Grapes Low Sugar Cereal	22	Milk Cantaloupe Soy Butter WG Toast	23	Milk Oranges Mandarin Oranges (One Year Olds) Low Sugar Cereal	24	Milk Cantaloupe Egg Patty WGR Biscuit	25	Milk Apple Slices Applesauce (One Year Olds) Low Sugar Cereal	26
Milk Banana Low Sugar Cereal	29	Milk Blueberries WG Mini Bagels Jelly	30						



COMPONENT (Serve Milk, Grains, Vegetables or Fruit)	AGES 1-2		AGES 3-5		AGES 6-18	
Milk	½ cup		¾ cup		1 cup	
Vegetables/Fruit or Both	¼ cup		½ cup		½ cup	
Meat/Meat Alternatives	½ oz.		½ oz.		1 oz.	
Grains	½ serving	½ oz. eq.	½ serving	½ oz. eq.	1 serving	1 oz. eq.

*\*Must serve all 3 components for a reimbursable meal.*  
*\*Whole milk (age 1); 1% or Fat Free (2 through 12)*  
*\*Meat and meat alternatives may be served in place of the entire grains component at breakfast a maximum of 3 times per week.*  
*\*At least 1 serving per day, across all eating occasions, must be whole grain-rich. A serving of grains must be whole-grain rich, enriched meal, or enriched flour.*  
*\*Low Sugar Cereal (Rice Krispies, Corn Flakes, Rice Chex, Cheerios)*





# April 2024-Lunch



Monday		Tuesday		Wednesday		Thursday		Friday	
Milk Green Beans Apple sauce Fish Sticks Whole Wheat Bread	1	Milk Green Beans Tropical Fruit Salad Diced Chicken in Alfredo Sauce WGR Rotini Noodles	2	Milk Peas Peaches Cheese Tortellini w/Spaghetti Sauce WGR Dinner Roll	3	Milk Carrots Pears Ground Beef w/Spaghetti Sauce WGR Spaghetti Noodles Garlic Bread	4	Milk Broccoli Little Veggie Bites Fruit Cocktail Sliced Turkey Cheese Slice WG Tortilla	5
Milk Corn Pears Grilled Chicken w/Teriyaki Sauce Brown Rice	8	Milk Green Beans Fruit Cocktail Ground Beef in Sloppy Joe Sauce Whole Wheat Hamburger Roll	9	Milk Chicken Noodle Soup w/Carrots Banana Turkey Slice (Hot Turkey Boat) Cheese Slice <i>New item****</i> Whole Wheat Hot Dog Roll	10	Milk Succotash Peaches Chicken Nuggets WGR Egg Noodles	11	Milk Peas Mandarin Oranges Cheese Slice Soy Butter and Jelly Whole Wheat Bread	12
Milk Peas Tropical Fruit Salad Turkey Meatballs in Spaghetti Sauce Whole Wheat Hot Dog Roll	15	Milk Succotash Mashed Potatoes Chicken Patty Whole Wheat Hamburger Roll	16	Milk Broccoli Peaches Ham Slice WGR Macaroni & Cheese	17	Milk Corn Pears Grilled Chicken w/Teriyaki Sauce Brown Rice	18	Milk Tater tots Strawberries Chicken Salad Saltine Crackers	19
Milk Corn Pineapples Turkey Meatballs w/Gravy WGR Dinner Roll	22	Milk Mashed Potatoes Applesauce Sliced Turkey w/Gravy WGR Stuffing	23	Milk Sweet Potato Fries Fruit Cocktail Hamburger w/Cheese Whole Wheat Hamburger Roll	24	Milk Peas Peaches Ground Beef w/Spaghetti Sauce WGR Elbow Noodles	25	Milk Cucumbers Pineapples Tuna WGR Tortilla	26
Milk Green Beans Applesauce Fish Sticks Whole Wheat Bread	29	Milk Green Beans Tropical Fruit Salad Diced Chicken in Alfredo Sauce WGR Rotini Noodles	30						

COMPONENT (Serve all 5)	AGES 1-2		AGES 3-5		AGES 6-12	
Milk	½ cup		¾ cup		1 cup	
Vegetables	¼ cup		½ cup		½ cup	
Fruit	1/8 cup		¼ cup		½ cup	
Meat/Meat Alternatives	1 oz.		1 ½ oz.		2 oz.	
Grains	½ serving	½ oz. eq.	½ serving	½ oz. eq.	1 serving	1 oz. eq.

*\*Must serve all five Components for a reimbursable meal.*





# April 2024-snack



Monday		Tuesday		Wednesday		Thursday		Friday	
Water	1	Water	2	Water	3	Water	4	Water	5
Celery Sticks		Cheese Sticks		Dried Cranberries		Applesauce (One Year Olds)		Peaches	
Cheese Slice (One Year Olds)		WGR Ritz Crackers		WGR Rice Cakes		Apple Slices		Chat Snax Crackers	
WGR Saltine Crackers						WGR Soft Pretzel/WGR Hard Pretzel			
Cream Cheese									
Water	8	Water	9	Water	10	Water	11	Water	12
Peaches		Sliced Turkey		Cheese Cubes		Applesauce (One Year Olds)		WGR Sunchips (One Year Olds)	
WGR Goldfish		Cheese Slice		WG Savory Wheat Crackers		Apple Slices		Tortilla Chips	
		WGR Tortilla				WGR Soft Pretzel/WGR Hard Pretzel		Salsa	
Water	15	Water	16	Water	17	Water	18	Water	19
Pineapples		Pears		Pears		Applesauce (One Year Olds)		Peaches	
Yogurt		Animal Crackers		Cheez-Itz		Apple Slices		Goldfish	
						WGR Soft Pretzel/WGR Hard Pretzel			
Water	22	Water	23	Water	24	Water	25	Water	26
Soy Butter		Oranges		Pears		Applesauce (One Year Olds)		Carrots	
Graham Crackers		Mandarin Oranges (One Year Olds)		WGR Maple Sunrise Bites		Apple Slices		WGR Rice Cakes	
		Chex Mix				WGR Soft Pretzel/WGR Hard Pretzel			
Water	29	Water	30						
Mandarin Oranges		Cheese Sticks							
Cheez-Itz		WGR Ritz Crackers							



COMPONENT (Serve 2 of the 5 components)	AGES 1-2		AGES 3-5		AGES 6-12	
Milk	½ cup		½ cup		1 cup	
Vegetables	¼ cup		½ cup		¾ cup	
Fruit	½ cup		½ cup		¾ cup	
eat/Meat Alternatives	½ oz.		½ oz.		1 oz.	
Grains	½ serving	½ oz. eq.	½ serving	½ oz. eq.	1 serving	1 oz. eq.

\*Two of the five components for a reimbursable snack.  
 \*If no milk or juice is served, water must be offered.

