

# Spring Menu 2024 - Week 1

Week 1

BREAKFAST		(3-5)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>WGR Waffles &amp; Fruit</b>	<b>Cereal &amp; Berries</b>	<b>Warm Oatmeal &amp;</b>	<b>French Toast &amp; Oranges</b>	<b>Turkey Sausage &amp; Pears</b>
Beverage	3/4 cup		1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Grains or Meat/Meat Alternate	1/2 oz eq		WGR Waffles	Cereal - Cheerios	Oatmeal	French Toast	Turkey Sausage
Vegetable and/or Fruit	1/2 cup		Tropical Fruit Cup	Blueberries	Diced Peaches	Fresh Orange Slices	Pear
Substitute			WGR Cold Cereal	WGR Cold Cereal	Grits	Toast	WGR Roll
<b>LUNCH</b>			<b>WGR Mac &amp; Cheese</b>	<b>Taco Tuesday!</b>	<b>Ethipian Chicken Stew</b>	<b>Tuna Salad</b>	<b>Bulgur Wheat con Pollo</b>
Beverage	3/4 cup		1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Meat/Meat Alternate	1.5 oz		LF Cheddar Cheese	Ground Beef	Chicken Stew	Tuna Salad	Boneless, Skinless Chicken Thighs
Breads/Grains	1/2 oz eq		WW Macaroni	WW Tortillas	WGR Biscuit	WW Bread	Bulgur Wheat
Vegetable	1/4 cup		Steamed Broccoli	Lettuce/Tomato	Roasted Potatoes	Coleslaw	Bell Peppers
Vegetable or Fruit	1/4 cup		Apricots	Sliced Orange	Pears	Banana	Mixed Berries
Substitute	1/4 cup		No Cheese/Pasta and Chicken	Beans	Mixed Beans	Egg Salad	Veggie Burger
<b>SNACK</b>			<b>Crackers &amp; Hummus</b>	<b>Apple Slices &amp; Cheese</b>	<b>Pretzel &amp; Pineapple</b>	<b>Yogurt Parfait</b>	<b>Wheat Thins &amp; Juice</b>
Beverage	1/2 cup						
Meat/Meat Alternate	1/2 oz		Hummus Dip	LF Cheese		LF Yogurt	
Breads/Grains	1/2 oz eq		Triscuit Crackers		WG Warm Soft Pretzel	Granola	Wheat Thins
Vegetable	1/2 cup						
Fruit	1/2 cup			Apple Slices	Pineapple		100% Juice
Substitute				Pita triangles	Fresh Fruit	Fresh Fruit	

WATER AVAILABLE WITH ALL MEALS

\* WG - Whole Grain

\* WW - Whole Wheat

\* LF - Low Fat

\* Sunbutter - Sunflower Seed Butter

\* Quinoa - A grain high in nutrients traditionally grown as a staple food high in the Andes.

\* Unflavored 1% Milk is served to children aged 2 years and above.

\* Whole Milk is served to children aged 1- 2 years.

\* Please note: Foods will be served as family style.

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# Spring Menu 2024- Week 2

		Week 2				
BREAKFAST	Serving Size	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>Cereal &amp; Berries</b>	<b>Eggs &amp; Plantains</b>	<b>Oatmeal &amp; Mandarins</b>	<b>French Toast &amp; Bananas</b>	<b>Bulgur Porridge &amp; Pineapple</b>
Milk	3/4 cup	1% Milk	1% Milk	1% Milk	1% Milk	1% milk
Grains or Meat/Meat Alternate	1/2 oz eq	Cereal	Eggs	Warm Oatmeal	WG French Toast Sticks	Bulgur Wheat Porridge
Vegetable and/or Fruit	1/2 cup	Mixed Berries	Sweet Cooked Plantains	Fresh Banana Slices	Mandarins	Pineapple
Substitute			English Muffin		Toast with Applesauce	
<b>LUNCH</b>		<b>Quinoa with Beans</b>	<b>Spaghetti &amp; Meatballs</b>	<b>Irish Shepherd's Pie</b>	<b>BBQ Chicken</b>	<b>Cheesy Pizza</b>
Milk	3/4 cup	1% Milk	1% Milk	1% Milk	1% Lowfat Milk	1% Milk
Meat/Meat Alternate	1.5 oz	Mixed Beans	LF Ground Turkey Meatballs	Lean Ground Beef	Chicken	LF Mozzarella Cheese
Breads/Grains	1/2 oz eq	Quinoa	WW Spaghetti	WW Biscuit	Brown Rice	WW Crust
Vegetable	1/4 cup	Celery & Carrots	Tomato Cucumber Salad	Mashed Potatoes, Peas, Carrots, Cabbage	Mixed Vegetables	Spinach
Vegetable or Fruit	1/4 cup	Kiwi	Orange	Plums	Clementines	Sliced Banana
Substitute			Veggie Burger	Beans	Tofu	Chicken Tenders
<b>SNACK</b>		<b>Wheat Thins</b>	<b>Cheese &amp; Crackers</b>	<b>Apples &amp; Sunbutter</b>	<b>Blueberry Muffins &amp; Milk</b>	<b>Yogurt &amp; Fruit</b>
Milk	1/2 cup				1% Milk	
Meat/Meat Alternate	1/2 oz		LF Cheese	Sunbutter		LF Yogurt
Breads/Grains	1/2 oz eq	Wheat Thins	Animal Crackers		Blueberry Muffins	
Vegetable	1/2 cup					
Fruit	1/2 cup	Sliced Pear		Sliced Apples		Mixed Fruit
Substitute			Fruit			Triscuits

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# Spring Menu 2024 - Week 3

week 3

BREAKFAST (3-5)		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>Cold Cereal &amp; Berries</b>	<b>Pancakes &amp; Apples</b>	<b>Eggs &amp; Potatoes</b>	<b>Oatmeal &amp; Bananas</b>	<b>English Muffin &amp; Mixed Fruit</b>
Milk	3/4 cup	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Grains or Meat/Meat Alternate	1/2 oz eq	Cold Cereal	WG Pancakes	Eggs & Oven Baked Tater Tots	Oatmeal	WW English Muffin
Vegetable and/or Fruit	1/2 cup	Strawberries	Sliced Apples	Pears	Sliced Banana	Tropical Mixed Fruit
Substitute				WGR Toast	WGR Kix Cereal	No Sausage
<b>LUNCH</b>		<b>Chickpea Stew</b>	<b>Chicken Meatball Sub</b>	<b>Mexican Steak Fajita</b>	<b>Teriyaki Chicken</b>	<b>Turkey Sloppy Joes</b>
Milk	3/4 cup	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Meat/Meat Alternate	1.5 oz	Chickpeas	Chicken Meatballs	Steak	Diced Chicken	Lean Ground Turkey
Breads/Grains	1/2 oz ea	WW Biscuit	WW Rolls	WW Tortilla	Brown Rice	WW Hamburger Bun
Vegetable	1/4 cup	Spinach Salad	Mushrooms and Onions	Corn, bell pepper, onion and tomatos	Roasted Broccoli	Cole Slaw
Vegetable or Fruit	1/4 cup	Apricots	Blueberries (Watermelon seasonally)	Mango	Mixed Fruit	Oranges
Substitute			Veggie Burger	Beans	Tofu	Beans
<b>SNACK</b>		<b>Crackers &amp; Peaches</b>	<b>Rice Cakes &amp; Milk</b>	<b>Guacamole &amp; Breadsticks</b>	<b>Yogurt Parfait</b>	<b>Pretzels &amp; Juice</b>
Milk	1/2 cup		1% Milk			
Meat/Meat Alternate	1/2 oz				LF Yogurt	
Breads/Grains	1/2 oz eq	WGR Goldfish	Rice Cakes	Breadsticks	Granola	Unsalted Pretzels
Vegetable	1/2 cup			Guacamole		
Fruit	1/2 cup	Sliced Peaches				Juice
Substitute		Crackers			Fresh Fruit	
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## Spring Menu 2024- Week 4

BREAKFAST (3-5)		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>Bagel &amp; Strawberries</b>	<b>Eggs, Toast &amp; Fruit Cup</b>	<b>Cereal &amp; Plums</b>	<b>WW Muffin &amp; Pear</b>	<b>Oatmeal &amp; Mandarin</b>
Milk	3/4 cup	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Grains or Meat/Meat Alternate	1/2 oz eq	WW Mini Bagel with LF Cream Cheese	Eggs with WW Toast	Bran Flake Cereal	Whole Wheat Muffin	Warm Oatmeal
Vegetable and/or Fruit	1/2 cup	Strawberries	Tropical Fruit Cup	Plums	Sliced Fresh Pear	Fresh Mandarin
Substitute		No CC	No Egg/ Toast	Cold Cereal	English Muffin	Cream of Wheat
<b>LUNCH</b>		<b>Black Bean Sweet Potato Chili</b>	<b>Oven Roasted Turkey &amp; Broccoli</b>	<b>Filipino Adobo Chicken</b>	<b>Stir Fried Bulgur/Rice</b>	<b>Hamburger</b>
Milk	3/4 cup	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Meat/Meat Alternate	1.5 oz	Black Beans	Roasted Turkey	Boneless Skinless Chicken Thighs	Tofu & Eggs	Lean Beef Burger
Breads/Grains	1/2 oz eq	WW Pita	WW Bread	Quinoa	Bulgur/Brown Rice	WW Bun
Vegetable	1/4 cup	Sweet Potatoes	Broccoli	String Beans	Kale/Spinach, Carrots, & Peas	Lettuce and Tomato
Vegetable or Fruit	1/4 cup	Blueberries	Applesauce	Mandarin Oranges	Bananas	Plums
Substitute			Mixed Beans	Tofu	Just Tofu	Veggie Burger
<b>SNACK</b>		<b>Crackers &amp; Hummus</b>	<b>Cinnamon Toast &amp; Milk</b>	<b>Crackers &amp; Mango</b>	<b>Cheese and Triscuits</b>	<b>Apples &amp; Sunbutter</b>
Milk	1/2 cup		1% milk			
Meat/Meat Alternate	1/2 oz	Hummus			LF Cheese	Sunbutter
Breads/Grains	1/2 oz eq	Ritz Crackers	WW Pita	Graham Crackers	Triscuits	
Vegetable	1/2 cup					
Fruit	1/2 cup			Mango		Apple Slices
Substitute					Fruit	

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This document was exported from Numbers. Each table was converted to a table object on each Numbers sheet were placed on separate worksheets. Calculations may differ in Excel.

Numbers Sheet Name	Numbers Table Name
Week 1 Spring 2022	Table 1
Week 2 Spring 2022	Table 1
Week 3 Spring 2022	Table 1
Week 4 Spring 2022	Table 1

ed to an Excel worksheet. All other  
Please be aware that formula

### Excel Worksheet Name

<a href="#">Week 1 Spring 2022</a>
<a href="#">Week 2 Spring 2022</a>
<a href="#">Week 3 Spring 2022</a>
<a href="#">Week 4 Spring 2022</a>