

**Early Learning Center  
Month: April 2025**

- School Age children may be served cereal and fruit in substitution for hot breakfast in order to maintain their individual bus schedules
- Meals and Snacks are subject to change without notice
- As stated in the parent handbook, all requests for special foods and diets must be documented and recommended by your physician. Parents may be required to provide appropriate food substitutes for their child
- HM: This item is homemade, not a prepackaged food item

	<b>Menu Item</b>	1-2 age	3-5 age	6-12 age		<b>Tuesday April 1</b>	<b>Wednesday April 2</b>	<b>Thursday April 3</b>	<b>Friday April 4</b>
<b>Breakfast</b>	<b>Milk</b>	½ cup	¾ cup	1 cup		<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>
	<b>Fruit Vegetable</b>	¼ cup	½ cup	½ cup		<b>Applesauce</b>	<b>Strawberries</b>	<b>Pears</b>	<b>Apple Slices</b>
	<b>Grains (oz eq)</b>	½ serving Or ½ s (½ oz)	-½ s or ½ serving -(1/2 oz)	-1s or 1 serving (1 oz)		<b>Whole Grain Waffle Sticks</b>	<b>Cornflakes Cereal</b>	<b>Rice Krispies Cereal</b>	<b>Rice Chex Cereal</b>
	<b>Add. Food option</b>								
<b>Lunch</b>	<b>Milk</b>	½ cup	¾ cup	1 cup		<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>
	<b>Vegetable</b>	1/8 cup	¼ cup	1/2 cup		<b>Lima Beans</b>	<b>Cauliflower</b>	<b>Corn</b>	<b>Bananas</b>
	<b>Fruit</b>	1/8 cup	¼ cup	¼ cup		<b>Pineapple</b>	<b>Mixed Fruit</b>	<b>Peaches</b>	<b>Carrot Sticks (inf/tods- blanched)</b>
	<b>Meat/ alternative</b>	1 oz	1 ½ oz	2 oz		<b>Egg Salad (Diced hard- boiled egg, light mayo, mustard, dill) HM</b>	<b>Sliced Turkey</b>	<b>BBQ Chicken Breast</b>	<b>Tuna Salad (Tuna, dill, mayo)</b>
	<b>Grains (oz eq)</b>	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1 s or serv (1 oz)		<b>Whole Grain Bread</b>	<b>Whole Wheat Tortilla</b>	<b>Whole Grain Hamburger Bun</b>	<b>Whole Wheat Bread</b>
	<b>Add. Food option</b>						<b>Mustard</b>		
<b>Snack</b>	<b>Fluid</b>	½ cup	½ cup	1 cup		<b>Milk</b>	<b>Water</b>	<b>Milk</b>	<b>Water</b>
	<b>Fruit/ vegetable</b>	½ cup	½ cup	¾ cup					
	<b>Grains (oz eq)</b>	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1 s or serv (1 oz)		<b>Trail Mix— Cheerios, cornflakes, chex, cheez- its, raisins (school age) (infants-chex cereal)</b>	<b>Multi-Grain Club Crackers and Cheddar Cheese Slices</b>	<b>Animal Crackers</b>	<b>Townhouse Crackers and Soy Nut Butter</b>

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<b>Breakfast</b>	<b>Milk</b>	½ cup	¾ cup	1 cup	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>
	<b>Fruit Vegetable</b>	¼ cup	½ cup	½ cup	<b>Strawberries</b>	<b>Blueberries</b>	<b>Applesauce</b>	<b>Pears</b>	<b>Orange Slices</b>
	<b>Grains (oz eq)</b>	½ serv or ½ s (1/2 oz)	½ s or ½ serv (1/2 oz)	1 s or 1 serv (1 oz)	<b>Life Cereal</b>	<b>Kix Cereal</b>	<b>Whole Grain Croissants</b>	<b>Cornflakes Cereal</b>	<b>Corn Chex Cereal</b>
	<b>Add. Food option</b>								
<b>Lunch</b>	<b>Milk</b>	½ cup	¾ cup	1 cup	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>
	<b>Vegetable</b>	1/8 cup	1/8 cup	1/2 cup	<b>Broccoli</b>	<b>Green Beans</b>	<b>Peas</b>	<b>Asparagus</b>	<b>Salad (inf/tod-lettuce) (PS-lettuce, carrot, cabbage)</b>
	<b>Fruit</b>	¼ cup	1/8 cup	¼ cup	<b>Pineapple</b>	<b>Mandarin Oranges</b>	<b>Mango</b>	<b>Mixed Fruit</b>	<b>Bananas</b>
	<b>Meat/ alternative</b>	1 oz	1 ½ oz	2 oz	<b>Scrambled Eggs</b>	<b>Chicken Meatballs with Tomato Sauce</b>	<b>Chicken Salad (Diced Chicken, Mayo, dill)</b>	<b>Creamy Chicken Casserole (chicken, cream of chicken, whole wheat penne)</b>	<b>Sliced Turkey</b>
	<b>Grains (oz eq)</b>	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1 s or serv (1 oz)	<b>Whole Grain Slider Roll</b>	<b>Whole Grain Dinner Roll</b>	<b>Flatbread</b>	<b>Whole Wheat Penne</b>	<b>Multi-Grain Bread</b>
	<b>Add. Food option</b>								<b>Low-Fat Ranch and Mustard</b>
<b>Snack</b>	<b>Fluid</b>	½ cup	½ cup	1 cup	<b>Apple Juice</b>	<b>Milk</b>	<b>Water</b>	<b>White Grape Juice</b>	<b>Water</b>
	<b>Fruit/ vegetable</b>	½ cup	½ cup	¾ cup					
	<b>Grains (oz eq)</b>	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1 s or serv (1 oz)	<b>Wheat Crackers</b>	<b>Whole Grain Graham Goldfish Crackers</b>	<b>Townhouse Crackers and Red Pepper Hummus (garbanzo beans, red peppers, tahini, olive oil, lemon juice)</b>	<b>Saltines</b>	<b>Triscuit Crackers and Cheddar Cheese Cubes</b>

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	<b>Menu Item</b>	1-2 age	3-5 age	6-12 age	<b>Monday April 14</b>	<b>Tuesday April 15</b>	<b>Wednesday April 16</b>	<b>Thursday April 17</b>	<b>Friday April 18</b>
<b>Breakfast</b>	<b>Milk</b>	½ cup	¾ cup	1 cup	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>
	<b>Fruit Vegetable</b>	¼ cup	½ cup	½ cup	<b>Blueberries</b>	<b>Pears</b>	<b>Apple Slices</b>	<b>Strawberries</b>	<b>Bananas</b>
	<b>Grains (oz eq)</b>	½ serv or ½ s (1/2 oz)	½ s or ½ serv (1/2 oz)	1 s or 1 serv (1 oz)	<b>Bran Flakes Cereal</b>	<b>Cheerios Cereal</b>	<b>Rice Chex Cereal</b>	<b>Whole Grain French Toast Sticks</b>	<b>Multi-Grain Cheerios Cereal</b>
	<b>Add. Food option</b>								
<b>Lunch</b>	<b>Milk</b>	½ cup	¾ cup	1 cup	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>
	<b>Vegetable</b>	1/8 cup	1/8 cup	1/2 cup	<b>Mixed Vegetables</b>	<b>Diced Tomato</b>	<b>Diced Potatoes (potatoes, olive oil, oregano)</b>	<b>Peas</b>	<b>Carrot Sticks (infants/Tods-blanchd)</b>
	<b>Fruit</b>	¼ cup	1/8 cup	¼ cup	<b>Pineapple</b>	<b>Mandarin Oranges</b>	<b>Mixed Fruit</b>	<b>Peaches</b>	<b>Apple Slices</b>
	<b>Meat/ alternative</b>	1 oz	1 ½ oz	2 oz	<b>Baked Fish with Bread Crumbs</b>	<b>Ground Turkey with Taco Seasoning and Shredded Cheddar Cheese</b>	<b>Beef Patty</b>	<b>Cheese Ravioli with Tomato Sauce and Mozzarella Cheese</b>	<b>Chicken Salad (diced chicken, dill, mayo)</b>
	<b>Grains (oz eq)</b>	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1 s or serv (1 oz)	<b>Whole Wheat Dinner Roll</b>	<b>Corn Taco Shell</b>	<b>Whole Wheat Hamburger Bun</b>	<b>Cheese Ravioli</b>	<b>Whole Wheat Bread</b>
	<b>Add. Food option</b>				<b>Ketchup</b>		<b>Ketchup</b>		
<b>Snack</b>	<b>Fluid</b>	½ cup	½ cup	1 cup	<b>Milk</b>	<b>Apple Juice</b>	<b>Water</b>	<b>Water</b>	<b>Milk</b>
	<b>Fruit/ vegetable</b>	½ cup	½ cup	¾ cup					
	<b>Grains (oz eq)</b>	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1 s or serv (1 oz)	<b>Animal Crackers</b>	<b>Townhouse Crackers</b>	<b>Whole Wheat Pita and Cheddar Cheese Slices</b>	<b>Flatbread and Cheese Sticks</b>	<b>Whole Grain Bean and Veggie Crackers</b>

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	<b>Menu Item</b>	1-2 age	3-5 age	6-12 age	<b>Monday April 21</b>	<b>Tuesday April 22</b>	<b>Wednesday April 23</b>	<b>Thursday April 24</b>	<b>Friday April 25</b>
<b>Breakfast</b>	<b>Milk</b>	½ cup	¾ cup	1 cup	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>
	<b>Fruit Vegetable</b>	¼ cup	½ cup	½ cup	<b>Applesauce</b>	<b>Orange Slices</b>	<b>Pineapple</b>	<b>Mango</b>	<b>Strawberries</b>
	<b>Grains (oz eq)</b>	½ serv or ½ s (1/2 oz)	-½ s or ½ serv (1/2 oz)	-1s or 1 serv (1 oz)	<b>Whole Grain Waffle Sticks</b>	<b>Kix Cereal</b>	<b>Life Cereal</b>	<b>Cheerios Cereal</b>	<b>Corn Chex Cereal</b>
	<b>Add. Food option</b>								
<b>Lunch</b>	<b>Milk</b>	½ cup	¾ cup	1 cup	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>
	<b>Vegetable</b>	1/8 cup	1/4 cup	1/2 cup	<b>Cauliflower</b>	<b>Diced Carrots</b>	<b>Stewed Tomatoes</b>	<b>Spinach</b>	<b>Carrot Sticks (inf/tods-blanchd)</b>
	<b>Fruit</b>	¼ cup	1/4 cup	¼ cup	<b>Peaches</b>	<b>Pears</b>	<b>Apple Slices</b>	<b>Mixed Fruit</b>	<b>Bananas</b>
	<b>Meat/ alternative</b>	1 oz	1 ½ oz	2 oz	<b>BBQ Ground Turkey</b>	<b>Diced Chicken and Salsa</b>	<b>Macaroni and Cheese</b>	<b>Chicken Meatballs with Tomato Sauce</b>	<b>Egg Salad (diced egg, mayo, mustard, dill)</b>
	<b>Grains (oz eq)</b>	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 OZ)	1 s or serv (1 OZ)	<b>Whole Wheat Hamburger Bun</b>	<b>Whole Wheat Tortilla</b>	<b>Whole Grain Macaroni</b>	<b>Whole Grain Dinner Roll</b>	<b>Whole Wheat Pita</b>
	<b>Add. Food option</b>								
<b>Snack</b>	<b>Fluid</b>	½ cup	½ cup	1 cup	<b>Water</b>	<b>Milk</b>	<b>Orange Juice</b>	<b>Apple Juice</b>	<b>Water</b>
	<b>Fruit/ vegetable</b>	½ cup	½ cup	¾ cup					<b>Orange Slices</b>
	<b>Grains (oz eq)</b>	½ s or ½ serv (1/2 oz)	½ s or serv (1/2 oz)	1 s or serv (1 oz)	<b>Baked Soft Pretzels and Cheddar Cheese Slices</b>	<b>Graham Crackers</b>	<b>Whole Grain Cheddar Goldfish</b>	<b>Saltines and Cheddar Cheese Cubes</b>	<b>Triscuit Crackers</b>

	<b>Menu Item</b>	1-2 age	3-5 age	6-12 age	<b>Monday April 28</b>	<b>Tuesday April 29</b>	<b>Wednesday April 30</b>		
<b>Breakfast</b>	<b>Milk</b>	½ cup	¾ cup	1 cup	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>		
	<b>Fruit Vegetable</b>	¼ cup	½ cup	½ cup	<b>Mandarin Oranges</b>	<b>Mixed Berries</b>	<b>Pears</b>		
	<b>Grains (oz eq)</b>	½ serving Or ½ s (1/2 oz)	½ s or ½ serving (1/2 oz)	1 s or 1 serving (1 oz)	<b>Rice Krispies Cereal</b>	<b>Corn Flakes Cereal</b>	<b>Multi-Grain Cheerios</b>		
	<b>Add. Food option</b>								
<b>Lunch</b>	<b>Milk</b>	½ cup	¾ cup	1 cup	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>		
	<b>Vegetable</b>	1/8 cup	1/4 cup	1/2 cup	<b>Beets</b>	<b>Diced Tomatoes</b>	<b>Yams</b>		
	<b>Fruit</b>	¼ cup	1/4 cup	¼ cup	<b>Peaches</b>	<b>Mixed Fruit</b>	<b>Apple Slices</b>		
	<b>Meat/ alternative</b>	1 oz	1 ½ oz	2 oz	<b>Turkey Burger</b>	<b>Grilled Cheese (cheddar cheese, whole grain bread)</b>	<b>Diced Chicken with Chicken Gravy</b>		
	<b>Grains (oz eq)</b>	½ s or ½ serving (1/2 oz)	½ s or ½ serving (1/2 OZ)	1 s or serving (1 OZ)	<b>Whole Grain Hamburger Bun</b>	<b>Whole Grain Bread</b>	<b>Whole Wheat Biscuits</b>		
	<b>Add. Food option</b>				<b>Ketchup</b>		<b>Gravy</b>		
<b>Snack</b>	<b>Fluid</b>	½ cup	½ cup	1 cup	<b>Milk</b>	<b>Water</b>	<b>White Grape Juice</b>		
	<b>Fruit/ vegetable</b>	½ cup	½ cup	¾ cup					
	<b>Grains (oz eq)</b>	½ s or ½ serving (1/2 oz)	½ s or serving (1/2 oz)	1 s or serving (1 oz)	<b>Whole Grain Cinnamon Raisin Bread</b>	<b>Flatbread and Hummus (garbanzo beans, tahini, olive oil, lemon juice)</b>	<b>Pretzels (inf/tods-soft pretzels)</b>		