### **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

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

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	Menu Item	1-2 age	3-5 age	6-12 age	Monday	Tuesday April 8	Wednesday April 9	Thursday April 10	Friday April 11
Breakfast	Milk	1/2	3/4	1	April 7 Milk	Milk	Milk	Milk	Milk
вгеактазт	MIIK	CUP	CUP	cup	MIIK	MIIK	MIIK	MIIK	MIIK
	Fruit	1/4	1/2	1/2	Strawberries	Blueberries	Applesauce	Pears	Orange
	Vegetable	cup	cup	cup					Slices
	Grains (oz	1/2	-½ S	-1s	Life Cereal	Kix Cereal	Whole Grain	Cornflakes	Corn Chex
	eq)	serv	or	or 1			Croissants	Cereal	Cereal
		or ½ s	½ serv	serv (1					
		(1/2	(1/2	oz)					
		oz)	oz)						
	Add. Food								
Lunah	option Milk	1/2	3/4	1	Milk	Milk	Milk	Milk	Milk
Lunch	WIIK	cup	CUP	cup	MIIK	MIIK	MIIK	MIIK	MIIK
	Vegetable	1/8	1/8	1/2	Broccoli	Green	Peas	Asparagus	Salad
		cup	cup	cup		Beans			(inf/tod-
									lettuce) (PS-
									lettuce,
									carrot,
		1/	1./0	1/					cabbage)
	Fruit	⅓ cup	1/8 cup	1/ <sub>4</sub> CUD	Pineapple	Mandarin	Mango	Mixed Fruit	Bananas
				·		Oranges			
	Meat/ alternative	1 oz	1 ½ oz	2 oz	Scrambled	Chicken	Chicken	Creamy	Sliced
	allemative		02		Eggs	Meatballs	Salad (Diced	Chicken	Turkey
						with	Chicken,	Casserole	
						Tomato	Mayo, dill)	(chicken, cream of chicken, whole	
						Sauce		wheat penne)	
	Grains (oz	½ S	½ S	1 s	Whole	Whole	Flatbread	Whole Wheat	Multi-Grain
	eq)	or	or	or	Grain Slider	Grain		Penne	Bread
		½ serv	½ serv	serv /1	Roll	Dinner Roll			
		(1/2	(1/2	(1 oz)					
		oz)	oz)	02)					
	Add. Food								Low-Fat
	option								Ranch and
									Mustard
Snack	Fluid	1/2	1/2	1	Apple	Milk	Water	White Grape	Water
		cup	cup	cup	Juice			Juice	
	Fruit/	1/2`	1/2	3/4					
	vegetable	cup	cup	cup					
	Grains (oz	½ S	½ S	1 s	Wheat	Whole	Townhouse	Saltines	Triscuit
	eq)	or ½	or ½	or serv	Crackers	Grain	Crackers and		Crackers
		serv	serv	1		Graham	Red Pepper		and
		(1/2	(1/2	oz)		Goldfish	Hummus (garbanzo		Cheddar
		oz)	oz)			Crackers	beans, red		Cheese
							peppers, tahini,		Cubes
							olive oil, lemon		
							juice)		

# Early Learning Center Month: April 2025

	Menu	1-2	3-5	6-12	Monday	Tuesday	Wednesday	Thursday	Friday
	Item	age	age	age	April 14	April 15	April 16	April 17	April 18
Breakfast	Milk	½ cup	<sup>3</sup> / <sub>4</sub> CUD	l cup	Milk	Milk	Milk	Milk	Milk
	Fruit	1/4	1/2	1/2	Blueberries	Pears	Apple Slices	Strawberries	Bananas
	Vegetabl e	cup	cup	cup	bioebeilles	i edis	Apple Slices	Silawbeilles	ballallas
	Grains (oz eq)	1/2 serv or 1/2 s (1/2	-½ s or ½ serv (1/2	-1s or 1 serv (1 oz)	Bran Flakes Cereal	Cheerios Cereal	Rice Chex Cereal	Whole Grain French Toast Sticks	Multi-Grain Cheerios Cereal
	Add. Food option	oz)	oz)						
Lunch	Milk	½ cup	3/ <sub>4</sub> CUD	l cup	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	1/8 cup	1/2 cup	Mixed Vegetables	Diced Tomato	Diced Potatoes (potatoes, olive oil, oregano)	Peas	Carrot Sticks (infants/ Tods- blanched)
	Fruit	1/ <sub>4</sub> CUP	1/8 cup	1/ <sub>4</sub> cup	Pineapple	Mandarin Oranges	Mixed Fruit	Peaches	Apple Slices
	Meat/ alternative	1 oz	1 ½ oz	2 oz	Baked Fish with Bread Crumbs	Ground Turkey with Taco Seasoning and Shredded Cheddar Cheese	Beef Patty	Cheese Ravioli with Tomato Sauce and Mozzarella Cheese	Chicken Salad (diced chicken, dill, mayo)
	Grains (oz eq)	1/2 s or 1/2 serv (1/2 oz)	1/2 s or 1/2 serv (1/2 oz)	l s or serv (l oz)	Whole Wheat Dinner Roll	Corn Taco Shell	Whole Wheat Hamburger Bun	Cheese Ravioli	Whole Wheat Bread
	Add. Food option	,	,		Ketchup		Ketchup		
Snack	Fluid	½ cup	½ cup	l cup	Milk	Apple Juice	Water	Water	Milk
	Fruit/	1/2	1/2	3/4					
	vegetable	cup	cup	cup					
	Grains (oz eq)	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	l s or serv (l oz)	Animal Crackers	Townhouse Crackers	Whole Wheat Pita and Cheddar Cheese Slices	Flatbread and Cheese Sticks	Whole Grain Bean and Veggie Crackers

# Early Learning Center Month: April 2025

	Menu	1-2	3-5	6-12	Monday	Tuesday	Wednesday	Thursday	Friday
	Item	age	age	age	April 21	April 22	April 23	April 24	April 25
Breakfast	Milk	1/2	3/4	1	Milk	Milk	Milk	Milk	Milk
Di Cakiasi		cup	cup	cup	741111	Willix	Willix	Willix	Willix
	Fruit	1/4	1/2	1/2	Applesauce	Orange	Pineapple	Mango	Strawberries
	Vegetable	cup	cup	cup		Slices			
	Grains (oz	1/2	-½ S	-1s	Whole	Kix Cereal	Life Cereal	Cheerios	Corn Chex
	eq)	serv	or ½	or 1	Grain			Cereal	Cereal
		or ½ s	serv	serv	Waffle				
		(1/2	(1/2 oz)	(1 oz)	Sticks				
		OZ)	02)	OZJ	oneks				
	Add. Food	/							
	option								
Lunch	Milk	1/2	3/4	1	Milk	Milk	Milk	Milk	Milk
Loncii	75	cup	cup	cup	Willix	Willix	Willix	WillK	WillK
	Vegetable	1/8	1/4	1/2	Cauliflower	Diced	Stewed	Spinach	Carrot
		cup	cup	cup		Carrots	Tomatoes	•	Sticks
							10111011000		(inf/tods-
									blanched)
	Fruit	1/4	1/4	1/4	Peaches	Pears	Apple Slices	Mixed Fruit	Bananas
		cup	cup	cup	reacties	i cuis	Apple silees	Mixed Hon	Dananas
	Meat/	1 oz	1 ½	2 oz	BBQ Ground	Diced	Macaroni and	Chicken	Egg Salad
	alternative		OZ		Turkey	Chicken	Cheese	Meatballs	(diced egg,
					-	and Salsa	0.1.000	with Tomato	mayo,
								Sauce	mustard,
								34000	dill)
	Grains (oz	½ S	½ S	1 s	Whole	Whole	Whole Grain	Whole Grain	Whole
	eq)	or	or ½	or	Wheat	Wheat	Macaroni	Dinner Roll	Wheat Pita
		1/2	serv	serv	Hamburger	Tortilla			
		serv (1/2	(1/2 OZ)	(1 OZ)	Bun				
		OZ)	OLI	OL)					
	Add. Food	02/							
	option								
Snack	Fluid	1/2	1/2	1	Water	Milk	Orange Juice	Apple Juice	Water
		cup	cup	cup		77	orange conce	7.рріс ссісс	
	Fruit/	1/2	1/2	3/4					Orange
	vegetable	cup	cup	cup					Slices
	Grains (oz	½ S	½ S	1 s	Baked Soft	Graham	Whole Grain	Saltines and	Triscuit
	eq)	or	or	or	Pretzels	Crackers	Cheddar	Cheddar	Crackers
	.,	1/2	serv	serv	and	Cidencis	Goldfish	Cheese	Ciacica
		serv	(1/2	(1	Cheddar		Joidiisii	Cubes	
		(1/2	oz)	oz)				Cones	
		oz)			Cheese				
					Slices				
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	Menu	1-2	3-5	6-12	Monday	Tuesday	Wednesday	
	Item	age	age	age	April 28	April 29	April 30	
Breakfast	Milk	½ CUP	³¼ cup	1 cup	Milk	Milk	Milk	
	Fruit	1/4	½ cup	½ cup	Mandarin	Mixed	Pears	
	Vegetable	cup			Oranges	Berries		
	Grains (oz	1/2	-½ s or	-1s or	Rice Krispies	Corn Flakes	Multi-Grain	
	eq)	servi	1/2	1	Cereal	Cereal	Cheerios	
	- 4,7	ng	servin	servin	Celedi	Cereui	Cifeerios	
		Or ½	g	g				
		S	(1/2	(1 oz)				
		(1/2	oz)					
		oz)						
	Add. Food							
	option							
Lunch	Milk	1/2	¾ cup	1 cup	Milk	Milk	Milk	
		cup	1/4	1.00			.,	
	Vegetabl	1/8	1/4	1/2	Beets	Diced	Yams	
	е	cup	cup	cup		Tomatoes		
	Fruit	1/4	1/4	⅓ cup	Peaches	Mixed Fruit	Apple Slices	
		cup	cup					
	Meat/	1 oz	1 ½ oz	2 oz	Turkey	Grilled	Diced	
	alternative				Burger	Cheese	Chicken with	
						(cheddar	Chicken	
						cheese,	Gravy	
						whole grain	Sidvy	
						bread)		
	Grains (oz	½ S	½ s or	1 s or	Whole Grain	Whole Grain	Whole Wheat	
	eq)	or ½	1/2	servin	Hamburger	Bread	Biscuits	
	- 17	servi	servin	g (1	Bun	Dieda	Discoils	
		ng	g (1/2	OZ)	DUN			
		(1/2	OZ)					
	Adde	oz)	-		14 1 1			
	Add. Food				Ketchup		Gravy	
	option	1/	1/	1		147 1		
Snack	Fluid	1/2	½ cup	1 cup	Milk	Water	White Grape	
		cup					Juice	
	Fruit/	1/2	½ cup	¾ cup				
	vegetable	cup						
	Grains (oz	½ S	½ s or	1 s or	Whole Grain	Flatbread	Pretzels	
	eq)	or ½	servin	servin	Cinnamon	and	(inf/tods-soft	
		servi	g (1/2	g (1	Raisin Bread	Hummus	pretzels)	
		ng	oz)	oz)	Kaisiii bicad	(garbanzo	picizeis)	
		(1/2				beans, tahini,		
		oz)				olive oil, lemon		
						juice)		
						• • • •		