

**Children's Nest  
AM/PM SNACK  
FIVE LOAVES FOOD SERVICE  
312 Bayview Ave.  
Inwood, NY 11096  
(516) 239-3925**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
Whole Grain Vanilla Dots– 1 oz Apple Juice – 4 oz	Whole Grain Animal Crackers – 1 oz Grape Juice– 4oz	Whole Grain Corn Muffin – 1 oz Apple Juice – 4 oz	Saltine Crackers w/ Cheese - 2 oz Apple Juice– 4oz	Non Fat Yogurt- 4 oz Pineapple Juice – 4oz
Whole Grain Pretzels-1 oz Apple Juice– 4oz	String Cheese 1 oz Apple Juice – 4 oz	Whole Grain Honey Graham Crackers– 1 oz Grape Juice– 4oz	Whole Grain Cheese It Crackers– 1 oz Apple Juice – 4 oz	Whole Grain Animal Crackers– 1 oz Pineapple Juice– 4oz
Whole Wheat Squares – 2 oz Apple Juice– 4oz	Whole Grain Blueberry Muffin – 1 oz Apple Juice - 4 oz	Goldfish Pretzels -1 oz Pineapple Juice– 4oz	Whole Grain Cheese It Crackers – 1 oz Grape Juice– 4oz	Ritz Crackers -2 oz Apple Juice– 4oz
Whole Grain Animal Crackers – 1 oz Apple Juice– 4oz	Baked Tortilla Scoops – 1 oz Pineapple Juice – 4 oz	Non Fat Yogurt -4 oz Apple Juice– 4oz	Whole Grain Honey Graham Crackers– 1 oz Grape Juice – 4 oz	Whole Grain Pretzels-1 oz Apple Juice– 4oz

**03/01/2019 - 04/30/2019**

**\*\*Five Loaves Food Service Reserves the right to substitute items of same food components\*\***

**\*\*\*All Whole Wheat or Whole Grain Products are Whole Grain Rich\*\*\***

**Children's Nest**  
**BREAKFAST**  
**FIVE LOAVES FOOD SERVICE**  
**312 Bayview Ave.**  
**Inwood, NY 11096**  
**(516) 239-3925**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
Whole Grain Toasted Oats- ½ cup Banana- 4oz Milk 1%-6oz	Bran Flakes - ½ cup Apple sauce – 4oz Milk 1%-6oz	Whole Wheat Bagel w/ Butter – 1 Slice Pineapple – 4oz Milk 1%-6oz	Whole Wheat French Toast w/ Syrup – 1 Slice Orange- 4oz Milk 1%-6oz	Rice Krispies – ¾ cup Banana- 4oz Milk 1%-6oz
Whole Grain Corn Muffin – 1 oz Melon- 4oz Milk 1%-6oz	Whole Grain Toasted Oats – ½ cup Orange- 4oz Milk 1%-6oz	Whole Wheat Pancake w/ Syrup- 1 Slice Banana- 4oz Milk 1%-6oz	Corn Flakes- ½ cup Peaches- 4oz Milk 1%-6oz	Whole Wheat Wrap w/ Cheese – 2 oz Pineapple- 4oz Milk 1%-6oz
Bran Flakes – ½ cup Watermelon- 4oz Milk 1%-6oz	Rice Krispies- ¾ cup Banana- 4oz Milk 1%-6oz	Whole Wheat Waffle w/Syrup – 1 Slice Melon- 4oz Milk 1%-6oz	Whole Grain Toasted Oats- ½ cup Orange- 4oz Milk 1%-6oz	Whole Wheat French Toast w/Syrup- 1 Slice Banana- 4oz Milk 1%-6oz
Whole Grain Blueberry Muffin – 1 oz Orange- 4oz Milk 1%-6oz	Corn Flakes – ½ cup Pineapple- 4oz Milk 1%-6oz	Whole Wheat Wrap w/ Cheese – 2 oz Melon- 4oz Milk 1%-6oz	Rice Krispies – ¾ cup Peaches- 4oz Milk 1%-6oz	Whole Wheat Waffle w/Syrup – 1 Slice Banana- 4oz Milk 1%-6oz

**03/01/2019 - 04/30/2019**

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**Children's Nest**  
**LUNCH**  
**FIVE LOAVES FOOD SERVICE**  
**312 Bayview Ave.**  
**Inwood, NY 11096**  
**(516) 239-3925**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
Baked Chicken- 3 oz Whole Wheat Bun – 1 oz California Blend– 4 oz Pineapple -4 oz Milk 1% - 6oz	(**) Turkey & Cheese – 3 oz Whole Wheat Bread -2 oz Tatar Tots – 4 oz Pineapple – 4oz Milk 1% -6oz	(**) Baked Ziti w/ Cheese- 6 oz Sweet Peas– 4 oz Banana – 4oz Milk 1% - 6oz	Breaded Baked Chicken w/ Gravy- 3 oz Egg Wide Noodles- 4 oz Steamed Carrot Sticks– 4 oz Pineapple – 4oz Milk 1%-6oz	(**) Whole Grain Cheese Pizza – 4 oz Green Salad w/ Dressing– 4 oz Orange– 4oz Milk 1%-6oz
Beef Hamburger– 3 oz Whole Wheat Bun – 1 oz Mashed Potatoes– 4 oz Banana– 4oz Milk 1%-6oz	(**) Whole Wheat Cheese Lasagna – 4 oz Mixed Vegetables– 4oz Pineapple– 4oz Milk 1%-6oz	(**) Baked Macaroni w/ Cheese – 6 oz Green Beans– 4 oz Banana – 4oz Milk 1% - 6oz	Grilled Chicken w/ Gravy– 3 oz Brown Rice – 4 oz Salad w/ Dressing- 4oz Apple – 4oz Milk 1%-6oz	Fish Sticks– 3 oz Wide Egg Noodles – 4 oz Steamed Carrot Sticks - 4oz Orange – 4oz Milk 1% - 6oz
Beef Meatball w/ Tomato Sauce– 3 oz Whole Wheat Bun – 1 oz Sweet Corn– 4 oz Apple– 4oz Milk 1%-6oz	Turkey Ham & Cheese - 3 oz 6 inch Whole Wheat Wrap– 1 oz Tatar Tots – 4 oz Orange– 4oz Milk 1%-6oz	Chicken Nuggets– 4 oz Buttered Noodles – 4 oz Sweet Peas – 4 oz Banana – 4 oz Milk 1% - 6 oz	Turkey Meatloaf w/ Gravy -3oz Brown Rice– 4oz Mixed Vegetables– 4oz Melon– 4oz Milk 1%-6oz	Open Hot Turkey w/ Gravy - 3 oz Mashed Potatoes– 4oz Whole Wheat Dinner Roll – 1 oz Banana– 4oz Milk 1%-6oz
Whole Grain Chicken Patty – 3 oz Whole Wheat Bun- 1 oz Butter Nut Squash– 4 oz Banana– 4oz Milk 1% - 6oz	Beef Hamburger– 3 oz Whole Wheat Bun – 1 oz Tatar Tots – 4 oz Pineapple– 4oz Milk 1%-6oz	(**) Baked Macaroni & Cheese – 6 oz Green Beans – 4 oz Banana – 4oz Milk 1% -6oz	Chicken Teriyaki – 3 oz Brown Rice- 4oz Steamed Carrot Sticks- 4oz Orange– 4oz Milk 1%-6oz	(**) Whole Grain Cheese Pizza – 4 oz Salad w/Dressing– 4oz Apple– 4oz Milk 1% - 6oz

(\*\*) 2 oz of Cheese Per Serving Size    03/01/2019 - 04/30/2019    (\*) 2 oz of Meat Per Serving Size

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