

Childcare Menu July 1 to 5 2024



	1-5 YRS	6-18 YRS	MONDAY (7/1)	TUESDAY (7/2)	WEDNESDAY (7/3)	THURSDAY (7/4)	FRIDAY (7/5)
BREAKFAST							
Milk	¾ cup	1 cup	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk		Whole Milk/1% Milk
Grains or Meat/Meat Alt	½ oz eq	1 oz eq	Low Fat Yogurt	Croissant	Marshmallow Mateys	Closed	WGR Scooters
Vegetable and/or Fruit	½ cup	½ cup	Clementine	Unsweetened Applesauce	Pear		Nectarine
Extra				Margarine			
LUNCH (Regular)							
Milk	¾ cup	1 cup	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk		Whole Milk/1% Milk
Meat / Meat Alternate	1.5 oz	2 oz	Italian Meatballs Marina (3oz/4oz)	Chinese Chicken and Broccoli	Baked Ziti (1.5 oz/2 oz cheese)		Pizza Bagel (1.5 oz/2 oz cheese)
Grains / Bread	½ oz eq	1 oz eq	WW Bread	Brown Rice	(Pasta in Dish)	Closed	(WW Bagel in Dish)
Vegetable	¼ cup	½ cup	Mashed Potatoes	Broccoli in Dish	Carrots		Corn
Fruit	¼ cup	½ cup	Apple	Orange	Banana		Apricots
PM SNACK							
Meat / Meat Alt	½ oz	1 oz		Low fat String Cheese			
Grains / Bread	½ oz eq	1 oz eq	WGR Graham Crackers		WGR Animal Crackers	Closed	WW Bear Grahams
Fruit	½ cup	¾ cup	Pear	Apple	100% Fruit Punch		100% Fruit Punch

Fruit subject to change based on availability.

5 Meals

Childcare Menu July 8 to 12 2024



	1-5 YRS	6-18 YRS	MONDAY (7/8)	TUESDAY (7/9)	WEDNESDAY (7/10)	THURSDAY (7/11)	FRIDAY (7/12)
BREAKFAST							
Milk	¾ cup	1 cup	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk
Grains or Meat/Meat Alt	½ oz eq	1 oz eq	Rice Krispies	WW English Muffin	WGR Scooters	Waffles Cold Alt: WW Roll	Marshmallow Mateys
Vegetable and/or Fruit	½ cup	½ cup	Clementine	Unsweetened Applesauce	Pear	Orange	Nectarine
Extra				Margarine		Syrup or Jelly	
LUNCH (Regular)							
Milk	¾ cup	1 cup	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk
Meat / Meat Alternate	1.5 oz	2 oz	BBQ Chicken	Beef-a-Roni	Low Fat Cheese	Chicken Tenders (2.25/3 oz)	Turkey Sandwich
Grains / Bread	½ oz eq	1 oz eq	Brown Rice	WW Pasta	Macaroni	Brown Rice	WW Bun
Vegetable	¼ cup	½ cup	Peas in Rice	Corn	Carrots	String Beans	Coleslaw
Fruit	¼ cup	½ cup	Apple	Apricot	Banana	Applesauce	Apricot
PM SNACK							
Meat / Meat Alt	½ oz	1 oz					
Grains / Bread	½ oz eq	1 oz eq	WGR Graham Crackers	WGR Goldfish	WW Pretzels	Club Crackers	WGR Corn Muffin
Fruit	½ cup	¾ cup	Pear	100% Apple Juice	Apple	100% Fruit Punch	100% OJ Pineapple

Fruit subject to change based on availability.

5 Meals

Childcare Menu July 15 to 19 2024



	1-5 YRS	6-18 YRS	MONDAY (7/15)	TUESDAY (7/16)	WEDNESDAY (7/17)	THURSDAY (7/18)	FRIDAY (7/19)
BREAKFAST							
Milk	¾ cup	1 cup	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk
Grains or Meat/Meat Alt	½ oz eq	1 oz eq	Rice Krispies	Croissant	Marshmallow Mateys	Pancakes Cold Alt: WW Roll	WGR Scooters
Vegetable and/or Fruit	½ cup	½ cup	Clementine	Unsweetened Applesauce	Pear	Orange	Nectarine
Extra				Margarine		Syrup or Jelly	

LUNCH (Regular)							
Milk	¾ cup	1 cup	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk
Meat / Meat Alternate	1.5 oz	2 oz	Swedish Meatballs (3oz/4oz)	Chinese Chicken and Broccoli	Baked Ziti (1.5 oz/2 oz cheese)	Chicken Nuggets (2.25/3 oz)	Pizza Bagel (1.5 oz/2 oz cheese)
Grains / Bread	½ oz eq	1 oz eq	WW Bread	Brown Rice	(Pasta in Dish)	Brown Rice	(WW Bagel in Dish)
Vegetable	¼ cup	½ cup	String Beans	Broccoli in Dish	Carrots	Corn	Green Peas
Fruit	¼ cup	½ cup	Apple	Orange	Banana	Unsweetened Applesauce	Apricots

PM SNACK							
Meat / Meat Alt	½ oz	1 oz		Low fat String Cheese			
Grains / Bread	½ oz eq	1 oz eq	WGR Graham Crackers		WGR Animal Crackers	Ritz Crackers	WW Bear Grahams
Fruit	½ cup	¾ cup	Nectarine	Apple	100% Fruit Punch	100% Apple Juice	100% Fruit Punch

Fruit subject to change based on availability.

5 Meals

Childcare Menu July 22 to 26 2024



	1-5 YRS	6-18 YRS	MONDAY (7/22)	TUESDAY (7/23)	WEDNESDAY (7/24)	THURSDAY (7/25)	FRIDAY (7/26)
BREAKFAST							
Milk	¾ cup	1 cup	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk
Grains or Meat/Meat Alt	½ oz eq	1 oz eq	Low Fat Yogurt	Marshmallow Mateys	WW Bagels	French Toast Cold Alt: WW Roll	WGR Scooters
Vegetable and/or Fruit	½ cup	½ cup	Clementine	Pear	Unsweetened Applesauce	Orange	Nectarine
Extra					Margarine	Syrup or Jelly	

	LUNCH (Regular)						
Milk	¾ cup	1 cup	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk
Meat / Meat Alternate	1.5 oz	2 oz	Sweet & Sour Meatballs (3oz/4oz)	Fish Sticks (3oz/4oz) Alt: Teriyaki Chicken	Low Fat Cheese	Chicken Tenders (2.25/3 oz)	Turkey Sandwich
Grains / Bread	½ oz eq	1 oz eq	WW Bread	Brown Rice	Macaroni	Brown Rice	(WW Bun in Dish)
Vegetable	¼ cup	½ cup	Mashed Potatoes	String Beans in Rice	Carrots	Green Peas	Potato Salad
Fruit	¼ cup	½ cup	Apple	Apricot	Banana	Unsweetened Applesauce	Apricots

	PM SNACK						
Meat / Meat Alt	½ oz	1 oz	Cheese Stick				
Grains / Bread	½ oz eq	1 oz eq	WGR Graham Crackers	Club Crackers	WW Pretzels	WGR Cinnamon Bites	Ritz Crackers
Fruit	½ cup	¾ cup		100% Apple Juice	Apple	100% Fruit Punch	100% Apple Juice

Fruit subject to change based on availability.

5 Meals

Childcare Menu July 29 to Aug 2 2024



	1-5 YRS	6-18 YRS	MONDAY (7/29)	TUESDAY (7/30)	WEDNESDAY (7/31)	THURSDAY (8/1)	FRIDAY (8/2)
BREAKFAST							
Milk	¾ cup	1 cup	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk
Grains or Meat/Meat Alt	½ oz eq	1 oz eq	Low Fat Yogurt	Croissant	Marshmallow Mateys	Pancake Cold Alt: WW Roll	WGR Scooters
Vegetable and/or Fruit	½ cup	½ cup	Clementine	Unsweetened Applesauce	Pear	Orange	Nectarine
Extra				Margarine		Syrup or Jelly	
LUNCH (Regular)							
Milk	¾ cup	1 cup	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk
Meat / Meat Alternate	1.5 oz	2 oz	Italian Meatballs Marina (3oz/4oz)	Chinese Chicken and Broccoli	Baked Ziti (1.5 oz/2 oz cheese)	Chicken Nuggets (2.25/3oz)	Pizza Bagel (1.5 oz/2 oz cheese)
Grains / Bread	½ oz eq	1 oz eq	WW Bread	Brown Rice	(Pasta in Dish)	Brown Rice	(WW Bagel in Dish)
Vegetable	¼ cup	½ cup	Mashed Potatoes	Broccoli in Dish	Carrots	String Beans	Corn
Fruit	¼ cup	½ cup	Apple	Orange	Banana	Unsweetened Applesauce	Apricots
PM SNACK							
Meat / Meat Alt	½ oz	1 oz		Low fat String Cheese			
Grains / Bread	½ oz eq	1 oz eq	WGR Graham Crackers		WGR Animal Crackers	WGR Cheese It	WW Bear Grahams
Fruit	½ cup	¾ cup	Pear	Apple	100% Fruit Punch	100% Apple Juice	100% Fruit Punch

Fruit subject to change based on availability.

5 Meals