

Childcare Menu April 28 to May 5 2025

Healthy Heart



	1-5 YRS	6-18 YRS	MONDAY (4/28)	TUESDAY (4/29)	WEDNESDAY (4/30)	THURSDAY (5/1)	FRIDAY (5/2)
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	Honey Bunches of Oats	WW English Muffin	WGR Honey Scooters	Waffles Alt: Croissant	Strawberry Frosted Shredded Wheat Cereal
Vegetable and/or Fruit	½ cup	½ cup	Clementine	Unsweetened Applesauce	Pear	Orange	Nectarine
Extra				Margarine		Syrup w/ Waffles	



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	Fish Sticks (3oz/4oz) Alt: Teriyaki Chicken	Beef-a-Roni	Low Fat Cheese	Chicken Tenders (2.25/3 oz)	Chicken Meatballs with Marinara
Grains / Bread	½ oz eq	1 oz eq	Brown Rice	WW Pasta in Dish	Macaroni	Brown Rice	WW Pasta
Vegetable	¼ cup	½ cup	String Beans	Cauliflower	Carrots	String Beans	Broccoli
Fruit	¼ cup	½ cup	Apple	Apricot	Banana	Applesauce	Apricot

PM SNACK							
Meat / Meat Alt	½ oz	1 oz		Low Fat String Cheese		Low Fat String Cheese	
Grains / Bread	½ oz eq	1 oz eq	WGR Graham Cracker		WGR Savory Bites		WGR Maple Waffle Grahams
Fruit / Vegetable	½ cup	¾ cup	Pear	100% Apple Juice	100% Grape Juice	Clementine	100% Apple Juice



Fruit subject to change based on availability.

5 Meals

Childcare Menu May 5 to 9 2025

Healthy Heart



	1-5 YRS	6-18 YRS	MONDAY (5/5)	TUESDAY (5/6)	WEDNESDAY (5/7)	THURSDAY (5/8)	FRIDAY (5/9)
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	Honey Bunches of Oats	Pancake Alt: WW English Muffin	WGR Honey Scooters
Vegetable and/or Fruit	½ cup	½ cup	Clementine	Unsweetened Applesauce	Pear	Orange	Nectarine
Extra						Syrup or Margarine	



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	Beef Burger	Chinese Chicken and Broccoli	Baked Ziti (1.5 oz/2 oz cheese)	Popcorn Chicken (2.25/3 oz)	Chicken Parmesan (1.5/2 oz Chicken)
Grains / Bread	½ oz eq	1 oz eq	WW Bun	Brown Rice	(Pasta in Dish)	Brown Rice	WW Pasta
Vegetable	¼ cup	½ cup	Sweet Potatoes	Broccoli in Dish	Carrots	String Beans	Broccoli
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 Cracker		WW Vanilla Bear Grahams	WGR Muffin	WGR Maple Waffle Grahams
Fruit / Vegetable	½ cup	¾ cup	Pear	100% Apple Juice	100% Grape Juice	Clementine	100% Apple Juice



Fruit subject to change based on availability.

5 Meals

Childcare Menu May 12 to 16 2025

Healthy Heart

HAPPY MOTHER'S DAY

	1-5 YRS	6-18 YRS	MONDAY (5/12)	TUESDAY (5/13)	WEDNESDAY (5/14)	THURSDAY (5/15)	FRIDAY (5/16)
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	Strawberry Frosted Shredded Wheat Cereal	WW English Muffin	WGR Honey Scooters	Waffles Alt: Croissant	Honey Bunches of Oats
Vegetable and/or Fruit	½ cup	½ cup	Clementine	Unsweetened Applesauce	Pear	Orange	Nectarine
Extra				Margarine		Syrup w/ Waffles	
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	Fish Sticks (3oz/4oz) Alt: Teriyaki Chicken	Beef-a-Roni	Low Fat Cheese	Chicken Tenders (2.25/3 oz)	Swedish Chicken Meatballs
Grains / Bread	½ oz eq	1 oz eq	Brown Rice	WW Pasta in Dish	Macaroni	Brown Rice	WW Pasta
Vegetable	¼ cup	½ cup	String Beans	Broccoli	Carrots	String Beans	Cauliflower
Fruit	¼ cup	½ cup	Apple	Apricot	Banana	Applesauce	Apricot
PM SNACK							
Meat / Meat Alt	½ oz	1 oz		Low Fat String Cheese		Low Fat String Cheese	
Grains / Bread	½ oz eq	1 oz eq	WGR Graham Cracker		WW Vanilla Bear Grahams		WGR Savory Bites
Fruit / Vegetable	½ cup	¾ cup	Pear	100% Apple Juice	100% Grape Juice	Clementine	100% Apple Juice



Fruit subject to change based on availability.

5 Meals

Childcare Menu May 19 to 23 2025

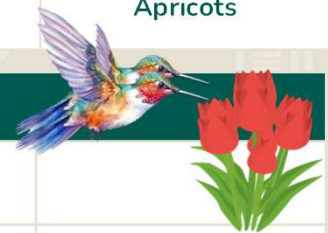
Healthy Heart



	1-5 YRS	6-18 YRS	MONDAY (5/19)	TUESDAY (5/20)	WEDNESDAY (5/21)	THURSDAY (5/22)	FRIDAY (5/23)
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	Croissant	Strawberry Frosted Shredded Wheat Cereal	WW Bagels	French Toast Alt: Honey Bunches of Oats	WGR Honey Scooters
Vegetable and/or Fruit	½ cup	½ cup	Clementine	Pear	Unsweetened Applesauce	Orange	Nectarine
Extra					Jelly	Syrup w French Toast	



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 Marinara	Fish Sticks (3oz/4oz) Alt: Teriyaki Chicken	Baked Ziti (1.5 oz/2 oz cheese)	Popcorn Chicken (2.25/3 oz)	Chicken Parmesan (1.5/2 oz Chicken)
Grains / Bread	½ oz eq	1 oz eq	WW Bread	Brown Rice	(Pasta in Dish)	Brown Rice	WW Pasta
Vegetable	¼ cup	½ cup	Cauliflower	String Beans	Carrots	String Beans	Broccoli
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 Cracker		WW Vanilla Bear Grahams	WGR Muffin	WGR Maple Waffle Grahams
Fruit / Vegetable	½ cup	¾ cup	Pear	100% Apple Juice	100% Grape Juice	Clementine	100% Apple Juice



Fruit subject to change based on availability.

5 Meals

Childcare Menu May 26 to May 30 2025

Healthy Heart



	1-5 YRS	6-18 YRS	MONDAY (5/26)	TUESDAY (5/27)	WEDNESDAY (5/28)	THURSDAY (5/29)	FRIDAY (5/30)
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	Honey Bunches of Oats	WW English Muffin	WGR Honey Scooters	Waffles Alt: Croissant	Strawberry Frosted Shredded Wheat Cereal
Vegetable and/or Fruit	½ cup	½ cup	Clementine	Unsweetened Applesauce	Pear	Orange	Nectarine
Extra			 HAPPY MEMORIAL DAY	Margarine		Syrup w/ Waffles	
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	Fish Sticks (3oz/4oz) Alt: Teriyaki Chicken	Beef-a-Roni	Low Fat Cheese	Chicken Tenders (2.25/3 oz)	Chicken Meatballs with Marinara
Grains / Bread	½ oz eq	1 oz eq	Brown Rice	WW Pasta in Dish	Macaroni	Brown Rice	WW Pasta
Vegetable	¼ cup	½ cup	String Beans	Cauliflower	Carrots	String Beans	Broccoli
Fruit	¼ cup	½ cup	Apple	Apricot	Banana	Applesauce	Apricot
PM SNACK							
Meat / Meat Alt	½ oz	1 oz		Low Fat String Cheese		Low Fat String Cheese	
Grains / Bread	½ oz eq	1 oz eq	WGR Graham Cracker		WGR Savory Bites		WGR Maple Waffle Grahams
Fruit / Vegetable	½ cup	¾ cup	Pear	100% Apple Juice	100% Grape Juice	Clementine	100% Apple Juice

Fruit subject to change based on availability.

5 Meals