

Week 1

Breakfast
& Lunch:
Wobs-4 oz
Unflavored
Whole
Milk

Tods -4 oz
Unflavored
1% Milk

PK -6 oz
Unflavored
1% milk

Blue Text = +
36 mo

Mon	Tue	Wed	Thu	Fri
<p>Breakfast - Whole Wheat Biscuits and Gravy (.5 oz Grains) Orange Slices (1/2 Cup Fruit)</p> <hr/> <p>Lunch - Chicken Nuggets (4-5 pieces equals 1.5-2.0 oz meat) Mango (1/4 Cup Fruit) Corn (1/4 cup Vegetable) Crackers (1/4 cup equals .5 oz grains)</p> <hr/> <p>PM Snack - Cheese stick (1.0 Oz meat alt) Fresh Cut Melon (1/2 Cup fruit)</p>	<p>Breakfast - Fruit Muffin Square (Serving size 2 muffins for .5 oz Grains) Apple Slices (1/2 Cup fruit)</p> <hr/> <p>Lunch - Fajita Spiced Chicken (1.5 oz Meat) Green Beans (1/4 cup Vegeta- bles) Brown Rice 1/4 cup (.5 oz grains) Orange Slices (1/4 cup fruit)</p> <hr/> <p>PM Snack - Fruit Smoothie ice pops (1/2 cup fruit) Graham Crackers .5 oz serving grain</p>	<p>Breakfast- Yogurt 2.0 serving of meat alt Banana 1/2 Cup serving fruit</p> <hr/> <p>Lunch - Grilled Turkey and cheese (1.5 oz meat and meat alt) Whole Wheat bread (.5 oz grains) Tomato Soup 1/2 cup (1/4 cup serv- ing vegetable) Apple Slices 1/4 Cup fruit</p> <hr/> <p>PM Snack - Hummus 1.5 oz meat alt, Whole Wheat tortilla (3 pinwheels each .5 grain) Orange Slices 1/2 cup</p>	<p>Breakfast - Cheesy Potatoes 1.5 meat alt 1/2 cup vegetable Whole Wheat Toast .5 oz serv- ing grains</p> <hr/> <p>Lunch - Turkey Sloppy Joe 1.5 oz meat Whole wheat din- ner roll .5 oz grains French Fries 1/4 cup vegetables Grapes 1/4 Cup fruit serving.</p> <hr/> <p>PM Snack- Fruit Muffin Square (.5 oz serving grains) Banana 1/2 Cup serving of fruit</p>	<p>Breakfast- Mini Pancakes (.5 oz serving grains)</p> <hr/> <p>Orange Slices 1/2 cup</p> <hr/> <p>Lunch - Creamy Chicken Pesto Pasta (1.5 meat alt) Whole Wheat Pas- ta .5 serving grain Roasted Cauliflow- er 1/4 Vegetables Cut Melon (1/4 cup fruit)</p> <hr/> <p>PM Snack - Peanut Butter and Jelly Sandwich On Whole Wheat Bread (.5 grains) Cut Kiwi 1/2 Cup Fruit</p>

Neither Wings Early Childhood Center, nor any Officer, Director, or employee, in connection with the corporation's business, activities or dealings, shall discriminate against any person on account of his or her race, color, religion, sex, national and ethnic origin, gender, gender expression, sexual orientation, age, disability, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity in connection with any matter.

Week 2

Breakfast
& Lunch:
Tods-4 oz

Unfla-
vored
whole
milk

PK -6 oz
Unfla-
vored
1% milk

Blue Text =
+ 36 mo

Mon	Tue	Wed	Thu	Fri
<p>Breakfast - Puff Cereal 3/4 cup (.5 oz grains) Orange Slices (1/2 Cup fruit)</p> <hr/> <p>Lunch - Whole Wheat Turkey and cheese sandwiches (.5 grains, 1.5 oz meat alt.) French Fries (1/4 cup vegetables) Apple Slices (1/4 cup fruit)</p> <hr/> <p>PM Snack - Cheese Stick (1.0 oz meat alt) Crackers (.5 oz grains) Apple Sauce (1/2 cup fruit)</p>	<p>Breakfast - Fruit Smoothie (1/2 cup fruit) Whole Grain Muffin square (.5 oz grains)</p> <hr/> <p>Lunch - Mini cheese and peperoni pizza on WW English muf- fin (.5 oz grains) Hummus Dip (1.5 oz meat alt) Carrot and cucum- bers (1/4 cup of veggies) Melon (1/4 Cup fruit)</p> <hr/> <p>PM Snack - Vanilla Yogurt (3/4 cup) (1.5 oz meat alt) Blueberries (1/2 cup) Granola Topping</p>	<p>Breakfast- Quesadilla-WW tortilla (.5 oz grains) Hash- browns and avoca- do and black beans (1/2 cup vegeta- bles) Cheese (1.5 oz meat alt)</p> <hr/> <p>Lunch - Crack Chicken with turkey bacon (1.5 oz meat) Brown Rice 1/4 cup (.5 oz grains) Roasted Cauliflow- er (1/4 cup vege- tables) Grapes (1/4 Cup fruit)</p> <hr/> <p>PM Snack - Graham Crackers (.5 oz grains) Banana 1/2 cup</p>	<p>Breakfast - Whole Wheat spiced sweet po- tato loaf. (.5 oz grains) Sliced Oranges (1/2 cup fruit)</p> <hr/> <p>Lunch - Turkey Soft Tacos On WW tortillas (1.5 oz meat and .5 oz grains) Beans (1/4 cup vegetable) Avocado (1/4 cup vegetable)</p> <hr/> <p>PM Snack- Hummus (1.5 oz serving meat alt) Carrots and Cum- bers (1/2 cup vegetables) Crackers (.5 oz grains)</p>	<p>Breakfast- Mini Pancakes (.5 oz grains) Banana (1/2 cup fruit.)</p> <hr/> <p>Lunch - Turkey meatballs (1.5 oz meat) Whole wheat spa- ghetti (.5 oz grains) Tomato Sauce Roasted Carrots (1/4 cup vegeta- ble) Roasted Broccoli (1/4 cup Veggies)</p> <hr/> <p>PM Snack - Whole Wheat Muffin Square (.5 oz grains) Melon (1/2 cup fruit)</p>

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