



JACK & JILL

EARLY CHILDHOOD LEARNING

www.jackandjill.edu.com

Jack and Jill Early Childhood Learning

August 12-16, 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Apple Cinnamon Toasted Oat Cereal Peach Cup *Milk	Breakfast Fruit Bread Square Applesauce *Milk	Breakfast Crispy Rice Cereal Bananas *Milk	Breakfast Blueberry Muffin Pear Cup *Milk	Breakfast **Whole Grain Oatmeal Bananas *Milk
Lunch Tuna Salad Sandwich on **Whole Grain Schubert Roll Cooked Carrots Warmed Apple Slices *Milk	Lunch Chicken, Cheese & Rice Bake Side Broccoli Pineapple *Milk	Lunch **Whole Grain Pasta with Ground Beef & Marinara Side Peas PS: Oranges Inf/Tods: Mandarin *Milk	Lunch Ham & Lentil Soup **Whole Grain Breadstick Pineapple *Milk School Age Picnic Offsite	Lunch House Made Whole Wheat Cheese Pizza Green Beans PS: Apple Slice Inf/Tods: Applesauce *Milk
Snack Oyster Crackers Juice and Water Infants-Milk	Snack **Whole Grain Goldfish Crackers Juice and Water Infants-Milk	Snack Soft Baked Pretzels & Cheese Sauce Juice and Water Infants-Milk	Snack Saltines & Soy Nut Butter Juice and Water Infants-Milk	Snack Hummus & Pita Juice and Water Infants-Milk

*Unflavored 1% *Milk Served to Children Age 16 months to School Age; Unflavored Whole *Milk Served under 16 months

**Serving meets the whole grain-rich criteria nutrition daily requirement

Serving Sizes: Ages 1-2 *Milk: ½ cup Grain: ½ serving Protein: 1oz Fruit/Vegetable: ¼ cup

Ages 3-5 *Milk: ¾ cup Grain: ½ serving Protein: 1.5oz Fruit/Vegetable: ½ cup

Ages 6-12 *Milk: 1 cup Grain: 1 serving Protein: 2oz Fruit/Vegetable: ½ cup *Protein, fruit and vegetable