



JACK & JILL

EARLY CHILDHOOD LEARNING

www.jackandjill.edu.com

Jack and Jill Early Childhood Learning Week of July 15-19, 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Corn Flakes Cereal Peach Cup *Milk	Breakfast Banana Bread Square Applesauce *Milk	Breakfast **Whole Grain Oatmeal Bananas *Milk	Breakfast Corn Muffin Pear Cup *Milk	Breakfast Crispy Rice Cereal Bananas *Milk
Lunch Diced Chicken, Cheese & Rice Stuffed Flour Burrito Side Broccoli Fresh Fruit *Milk	Lunch Cheese Tortellini Pasta with White Sauce Mixed Veggies Pineapple *Milk	Lunch Ham & Cheese Sandwich on Wheat Bread Baked beans PS: Oranges Inf/Tods: Mandarin *Milk	Lunch Chili with Beans & Ground Beef **Whole Grain Breadstick Mixed Fruit *Milk	Lunch Ground Beef Sloppy Jo's on **Whole Grain Schubert Roll Baked French Fries PS: Apple Slice Inf/Tods: Applesauce *Milk
Snack **Graham Cracker Juice and Water Infants-Milk	Snack **Whole Grain Gold Fish Crackers Juice and Water Infants-Milk	Snack Crispy Bar Inf/Tods: Toasted Oats Juice and Water Infants-Milk	Snack Inf/Tods: Animal Crackers PS/SA: Veggies/Dip Juice and Water Infants-Milk	Snack Cheese Slice & Saltines 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