

Jack and Jill Early Childhood Learning Menu: Week of July 29-August 2, 2024

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|--|
| Breakfast | Breakfast | Breakfast | Breakfast | Breakfast |
| Crispy Rice Cereal Banana Milk | **Whole Grain Oatmeal Apples/Applesauce Milk | Whole Wheat Toast & Jam Blueberry Cup Milk | Corn Flakes Oranges/Mandarin Milk | Fruit Bar Square Banana Milk |
| Lunch | Lunch | Lunch | Lunch | Lunch |
| Pancakes w/Syrup Turkey Sausage Hash browns Apples/Applesauce Milk | Ham and Cream Cheese** Whole Grain Tortilla Roll-Up Baked Beans Fruit Cocktail Milk SA: Bag Lunch | **Whole Grain Pasta with Lemon, Chicken & Broccoli, Mixed Fruit Milk | **Whole Grain Cheese House Made Pizza Oranges/Mandarin Green Beans Milk | **Whole Grain Chicken Patty on Schubert Roll Baked French Fries Pears Milk |
| Snack | Snack | Snack | Snack | Snack |
| **Graham Crackers Juice and Water Infants-Milk | Cucumber Slices & Ranch Tods: Oyster Crackers Juice and Water Infants-Milk | ¼ Banana Saltines Juice and Water Infants-Milk | Soft Pretzel & Cheese Sauce Juice and Water Infants-Milk | Crackers Orange Quarters 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