



# Jack and Jill Early Childhood Learning Week of June 10-14, 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> Toasted Oat Cereal Banana *Milk	<b>Breakfast</b> Fruit Muffin Pear Cup *Milk	<b>Breakfast</b> Corn Flakes Peaches *Milk	<b>Breakfast</b> **Whole Grain Oatmeal with Cinnamon & Sugar Applesauce *Milk	<b>Breakfast</b> Crispy Rice Cereal Bananas *Milk
<b>Lunch</b> Toasted Cheese Sandwich on **Whole Grain Schubert Roll Cooked Carrots Warmed Apple Slices *Milk	<b>Lunch</b> Refried Bean & Co-Jack Cheese **Whole Grain Tortilla Wrap PS & SA: Lettuce Salad Inf & Tods: Peas Pineapple *Milk	<b>Lunch</b> Cold Tuna Salad Sandwich on **Whole Grain Schubert Roll Baked French Fries PS: Oranges Inf/Tods: Mandarin *Milk	<b>Lunch</b> Ham & Cheese Rice Bake Green Beans Mixed Fruit *Milk	<b>Lunch</b> Sloppy Joes on **Whole Grain Schubert Roll Baked Sweet Potato Fries PS: Apple Slice Inf/Tods: Applesauce *Milk
<b>Snack</b> Nilla Wafers Milk	<b>Snack</b> Oyster Crackers Juice and Water Infants-Milk	<b>Snack</b> Goldfish Crackers Juice and Water Infants-Milk	<b>Snack</b> Cottage Cheese Cup & Pineapple Juice and Water Infants-Milk	<b>Snack</b> American Cheese 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