



Jack and Jill Early Childhood Learning

Week of April 1-5, 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 Pumpkin Muffin Pear Cup *Milk	Breakfast Toasted Oat Cereal Bananas *Milk
Lunch Cheese Quesadilla on **Whole Grain Tortilla Side of Baked Beans Fruit Cocktail *Milk	Lunch Tuna, Rice, and Cheese Bake Side Corn Pineapple *Milk	Lunch Hamburger Potato Casserole Side Peas PS: Oranges Inf/Tods: Mandarin *Milk	Lunch Chili with Beans & Ground Beef **Whole Grain Breadstick Mixed Fruit *Milk	Lunch Whole Wheat House Made Cheese Pizza Broccoli 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 Nilla Wafers Milk	Snack Animal Crackers Juice and Water Infants Milk	Snack **Whole Grain Goldfish Crackers 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