



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

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Apple Cinnamon Toasted Peach Cup *Milk	Breakfast Whole Wheat Bread with Soy Nut Butter Applesauce *Milk	Breakfast Corn Flakes Bananas *Milk	Breakfast Pumpkin Muffin Pear Cup *Milk	Breakfast Crispy Rice Cereal Bananas *Milk
Lunch **Whole Grain Tortilla with Cheese & Refried Beans Fruit Cocktail Side Corn *Milk	Lunch Chicken Pot Pie with Potatoes, Carrots & Peas Pineapple *Milk	Lunch **Whole Grain Pasta with Ground Beef & Marinara Sauce Side Peas PS: Oranges Inf/Tods: Mandarin *Milk	Lunch Tomato Soup Grilled Cheese on **Whole Grain Schubert Roll Banana *Milk	Lunch Beef Burger on **Whole Grain Schubert Roll Baked French Fries Warmed Apple Slices *Milk
Snack House Made Trail Mix Juice and Water Infants Milk	Snack **Whole Grain Goldfish Crackers Juice and Water Infants Milk	Snack Yogurt Cup Juice and Water Infants Milk	Snack Animal Crackers 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