



# Jack and Jill Early Childhood Learning

## April 29- May 3, 2024

| Monday  | Tuesday   | Wednesday  | Thursday   | Friday   |
|---|---|--|--|--|
| <b>Breakfast</b>  | <b>Breakfast</b>  | <b>Breakfast</b>   | <b>Breakfast</b>   | <b>Breakfast</b>   |
| Toasted Oat Cereal<br>Mixed Fruit Cup<br>*Milk  | **Oatmeal<br>Applesauce Cup<br>*Milk  | Crispy Rice Cereal<br>Peach Cup<br>*Milk   | Fruit Muffin<br>Banana<br>*Milk  | Corn Flakes Cereal<br>Banana or Apple<br>*Milk   |
| <b>Lunch</b>  | <b>Lunch</b>  | <b>Lunch</b>   | <b>Lunch</b>   | <b>Lunch</b>   |
| Ham & Cheese<br>Sandwich on<br>**Whole Grain<br>Schubert Roll<br>Baked French Fries<br>Peaches<br>*Milk | Tater Tot Hot Dish with<br>Ground Turkey<br>Side Peas<br>Pineapple<br>*Milk | **Whole Grain Beefy<br>Mac & Cheese<br>Green Beans<br>PS: Oranges<br>Inf/Tods: Mandarin<br>*Milk | Turkey Meatballs<br>Cooked Carrots<br>**Whole Grain<br>Breadstick<br>Fruit Cocktail<br>*Milk | Cheese Quesadilla on<br>**Whole Grain Tortilla<br>Side of Baked Beans<br>Sliced Warmed Apples<br>*Milk |
| <b>Snack</b>  | <b>Snack</b>  | <b>Snack</b>   | <b>Snack</b>   | <b>Snack</b>   |
| Goldfish Crackers<br>Juice and Water<br>Infants-Milk  | Oyster Crackers<br>Juice and Water<br>Infants-Milk                          | Homemade Corn<br>Muffin<br>Juice and Water<br>Infants-Milk                                       | Animal Crackers<br>Juice and Water<br>Infants-Milk   | Crispy Rice Bar<br>Infants-Toasted Oats<br>Juice and Water<br>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