



Jack and Jill Early Childhood Learning

May 6-10, 2024

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