Mont	h: May	Head Star	t Spring Mei	nu 2024-202	25 Center :	•••••
	Week ONE	Monday	20 Tuesday	Vednesday	1/22 Thursday	<sup>2</sup> / <sub>23</sub> Friday
+ )	Grains ages 1-2: serving size 1/20z or equivalent ages 3-5: serving size 1/20z or equivalent	WGN Oatmeal	Cheerios - 2/3 cup	Granola	Breakfast Burrito WGN Tortilla	WGN Bagel - 1/2 oz or equivalent
Breakfast	Meat or Meat Alternative ages 1-2: serving size 1/20z or equivalent ages 3-5: serving size 1/20z or equivalent		Cheese Stick - 1/2 cheese stick	Yogurt - 2oz	Eggs 1/2 large egg/serving	
Brea	Fruit or Vegetable ages 1-2: serving size 1/4 cup ages 3-5: serving size 1/2 cup	**Pears	**Peaches	Frozen Blueberries	Apple Sauce	** Cantaloupe
	Milk ages 1-2: serving size 4oz ages 3-5: serving size 6oz	Milk	Milk	Milk	Milk	Milk
	Grains	Baked Chicken	Curried Chicken Wraps	Stroganoff	Chicken Ratatouille	Bean & Cheese Burrito
	ages 1-2: serving size 1/2oz or equivalent ages 3-5: serving size 1/2oz or equivalent	WGN Bread	WGN Tortilla	WGN Pasta- 1/2 serving	WGN Bread	WGN Tortilla
	Meat or Meat Alternative ages 1-2: serving size loz or equivalent	- 1/2 serving	-1/2 serving	Ground Turkey - 1.5oz	- 1/2 serving	-1/2 serving
2 of 5) Lunch	ages 3-5: serving size 1.5oz or equivalent Fruit	Chicken- 1.5oz	Chicken - 1.5oz		Chicken - 1.5oz	Pinot Beans - 1.5oz
	ages 1-2: serving size 1/8 cup ages 3-5: serving size 1/4 cup Vegetable	Pineapple	** Apples & Raisins	**Watermelon	**Peaches	Bananas
	ages 1-2: serving size 1/8 cup ages 3-5: serving size 1/4 cup Milk	Mixed Veggies (corn, peas, carrots)	**Cucumbers	Peas	Zucchini, Eggplant, & Tomato	Bell Peppers
	ages 1-2: serving size 4oz ages 3-5: serving size 6oz	Milk	Milk	Milk	Milk	Milk
	Grains ages 1-2: serving size 1/202 or equivalent ages 3-5: serving size 1/202 or equivalent	Crackers		Graham Crackers - 1/2 serving / 1 sheet	Yogurt - 2oz	Gold Fish 1/2 serving/ 28 fish
	Meat or Meat Alternative ages 1-2: serving size 1/20z or equivalent ages 3-5: serving size 1/20z or equivalent	Sliced Cheese				
Snack (2 of	Fruit ages 1-2: serving size 1/2 cup ages 3-5: serving size 1/2 cup		Sliced Oranges		**Peaches	Fruit Cocktail
Sr	Vegetable ages 1-2: serving size 1/2 cup ages 3-5: serving size 1/2 cup Milk					
	ages 1-2: serving size 4oz ages 3-5: serving size 4oz		Milk	Milk		
	Week TWO	$\frac{5}{26}$ Monday	<sup>6</sup> <sub>27</sub> Tuesday	Wednesday	$\frac{8}{29}$ Thursday	9 <sub>30</sub> Friday
Breakfast	Grains ages 1-2: serving size 1/20z or equivalent ages 3-5: serving size 1/20z or equivalent Meat or Meat Alternative	Pancakes - one 4 inch pancake	Kix Cereal - 2/3 cup	WGN English Muffin -1/2 serving	Scrambled Eggs WGN Bread (toast) - 1/2 serving	Rice Chex -2/3 Cup
	ages 1-2: serving size 1/2oz or equivalent ages 3-5: serving size 1/2oz or equivalent		1/2 Cheese Stick		Eggs - 1/2 egg	
	Fruit or Vegetable ages 1-2: serving size 1/4 cup ages 3-5: serving size 1/2 cup Milk	Pineapple	**Peaches	**Strawberries	**Apricots	**Pears
	ages 1-2: serving size 4oz					
	ages 3-5: serving size 6oz	Milk	Milk	Milk	Milk	Milk
	Grains		Milk Seed Butter & Jelly	Chicken Stir-fry	Milk Pizza	Milk Baked Chicken
	· · · ·	Milk Chicken Penne Pasta WGN Pasta- 1/2 serving	Seed Butter & Jelly Sandwich	Chicken Stir-fry Brown Rice	Pizza WGN English Muffing	
	Grains ages 1-2: serving size 1/20z or equivalent ages 3-5: serving size 1/20z or equivalent Meat or Meat Alternative ages 1-2: serving size toz or equivalent	Chicken Penne Pasta WGN Pasta- 1/2 serving Chicken84oz	Seed Butter & Jelly Sandwich WGN Bread - 1/2 serving Seed Butter75oz	Chicken Stir-fry Brown Rice -1/4c Brown Rice	Pizza WGN English Muffing - 1/2 serving Cheese - 1oz	Baked Chicken WGN Bread - 1/2 serving
unch	Grains ages 1-2: serving size 1/202 or equivalent ages 3-5: serving size 1/202 or equivalent Meat or Meat Alternative ages 1-2: serving size 1.02 or equivalent ages 3-5: serving size 1.02 or equivalent Fruit ages 1-2: serving size 1.02 or equivalent	Chicken Penne Pasta WGN Pasta- 1/2 serving	Seed Butter & Jelly Sandwich WGN Bread - 1/2 serving	Chicken Stir-fry Brown Rice	Pizza WGN English Muffing - 1/2 serving	Baked Chicken WGN Bread
Lunch	Grains ages 1-2: serving size 1/202 or equivalent ages 3-5: serving size 1/202 or equivalent Meat or Meat Alternative ages 1-2: serving size 102 or equivalent ages 3-5: serving size 1/202 Fruit ages 3-5: serving size 1/4 cup Vegetable ages 1-2: serving size 1/4 cup	Chicken Penne Pasta WGN Pasta- 1/2 serving Chicken84oz Cheese8 oz	Seed Butter & Jelly Sandwich WGN Bread - 1/2 serving Seed Butter75oz Cheese Stick75oz	Chicken Stir-fry Brown Rice -1/4c Brown Rice -Ground Chicken 1.5oz	Pizza WGN English Muffing - 1/2 serving Cheese - Ioz Canadian Bacon5oz	Baked Chicken WGN Bread - 1/2 serving Chicken - 1.5oz
Lunch	Grains ages 1-2: serving size 1/202 or equivalent ages 3-5: serving size 1/202 or equivalent Meat or Meat Alternative ages 1-2: serving size 102 or equivalent ages 3-5: serving size 102 or equivalent Fruit ages 1-2: serving size 1/8 cup ages 3-5: serving size 1/4 cup Vegetable ages 1-2: serving size 1/4 cup ages 5-5: serving size 1/4 cup Milk ages 1-2: serving size 402	Chicken Penne Pasta WGN Pasta- 1/2 serving Chicken84oz Cheese8 oz **Pears	Seed Butter & Jelly Sandwich WGN Bread - 1/2 serving Seed Butter75oz Cheese Stick75oz Apple Sauce	Chicken Stir-fry Brown Rice -1/4c Brown Rice -Ground Chicken 1.5oz Pineapple Shredded Carrots,	Pizza WGN English Muffing - 1/2 serving Cheese - 1oz Canadian Bacon5oz Bananas Salad	Baked Chicken WGN Bread - 1/2 serving Chicken - 1.5oz **Watermelon
Lunch	Grains         ages 1-2: serving size 1/202 or equivalent         ages 3-5: serving size 1/202 or equivalent         Meat or Meat Alternative         ages 1-2: serving size 102 or equivalent         ages 1-2: serving size 102 or equivalent         ages 5-5: serving size 102 or equivalent         ages 1-2: serving size 1/8 cup         ages 5-5: serving size 1/4 cup         Vegetable         ages 3-5: serving size 1/4 cup         Milk         ages 1-2: serving size 1/4 cup         Milk         ages 1-2: serving size 402         ages 3-5: serving size 602	Chicken Penne Pasta WGN Pasta- 1/2 serving Chicken84oz Cheese8 oz **Pears Broccoli	Seed Butter & Jelly Sandwich WGN Bread - 1/2 serving Seed Butter75oz Cheese Stick75oz Apple Sauce Corn	Chicken Stir-fry Brown Rice -1/4c Brown Rice -Ground Chicken 1.5oz Pineapple Shredded Carrots, Frozen Broccoli, & Peppers Milk	Pizza WGN English Muffing - 1/2 serving Cheese - Ioz Canadian Bacon5oz Bananas Salad (double the serving size)	Baked Chicken WGN Bread - 1/2 serving Chicken - 1.5oz **Watermelon Mashed Yams
	Grains         ages 1-2: serving size 1/202 or equivalent         ages 3-5: serving size 1/202 or equivalent         ages 1-2: serving size 102 or equivalent         ages 1-2: serving size 102 or equivalent         ages 3-5: serving size 1/8 cup         ages 3-5: serving size 1/4 cup         Vegetable         ages 3-5: serving size 1/4 cup         ages 3-5: serving size 1/4 cup         Milk         ages 3-5: serving size 1/202 or equivalent         ages 1-2: serving size 1/202 or equivalent	Chicken Penne Pasta WGN Pasta-1/2 serving Chicken84oz Cheese8 oz **Pears Broccoli Milk	Seed Butter & Jelly Sandwich WGN Bread - 1/2 serving Seed Butter75oz Cheese Stick75oz Apple Sauce Corn	Chicken Stir-fry Brown Rice -1/4c Brown Rice -Ground Chicken 1.5oz Pineapple Shredded Carrots, Frozen Broccoli, & Peppers	Pizza WGN English Muffing - 1/2 serving Cheese - Ioz Canadian Bacon5oz Bananas Salad (double the serving size)	Baked Chicken WGN Bread - 1/2 serving Chicken - 1.5oz **Watermelon Mashed Yams
5)	Grains ages 1-2: serving size 1/202 or equivalent ages 3-5: serving size 1/202 or equivalent <b>Meat or Meat Alternative</b> ages 1-2: serving size 1.502 or equivalent ages 3-5: serving size 1.602 or equivalent ages 3-5: serving size 1/4 cup <b>Vegetable</b> ages 1-2: serving size 1/4 cup <b>Wilk</b> ages 1-2: serving size 1/4 cup <b>Milk</b> ages 1-2: serving size 1/4 cup <b>Milk</b> ages 1-2: serving size 602 <b>Grains</b> ages 1-2: serving size 1/202 or equivalent ages 3-5: serving size 1/202 or equivalent	Chicken Penne Pasta WGN Pasta- 1/2 serving Chicken84oz Cheese8 oz **Pears Broccoli	Seed Butter & Jelly Sandwich WGN Bread - 1/2 serving Seed Butter75oz Cheese Stick75oz Apple Sauce Corn Milk Graham Crackers	Chicken Stir-fry Brown Rice -1/4c Brown Rice -Ground Chicken 1.5oz Pineapple Shredded Carrots, Frozen Broccoli, & Peppers Milk WGN Ritz Crackers	Pizza WGN English Muffing - 1/2 serving Cheese - Ioz Canadian Bacon5oz Bananas Salad (double the serving size)	Baked Chicken WGN Bread - 1/2 serving Chicken - 1.5oz **Watermelon Mashed Yams
5)	Grains ages 1-2: serving size 1/202 or equivalent ages 3-5: serving size 1/202 or equivalent <b>Meat or Meat Alternative</b> ages 1-2: serving size 1/202 or equivalent ages 3-5: serving size 1/8 cup ages 3-5: serving size 1/4 cup <b>Vegetable</b> ages 1-2: serving size 1/4 cup <b>Milk</b> ages 1-2: serving size 1/4 cup <b>Milk</b> ages 1-2: serving size 1/202 or equivalent ages 3-5: serving size 1/202 or equivalent ages 1-2: serving size 1/202 or equivalent	Chicken Penne Pasta WGN Pasta-1/2 serving Chicken84oz Cheese8 oz **Pears Broccoli Milk Locatage Cheese	Seed Butter & Jelly Sandwich WGN Bread - 1/2 serving Seed Butter75oz Cheese Stick75oz Apple Sauce Corn Milk Graham Crackers	Chicken Stir-fry Brown Rice -1/4c Brown Rice -Ground Chicken 1.5oz Pineapple Shredded Carrots, Frozen Broccoli, & Peppers Milk WGN Ritz Crackers - 5 crackers	Pizza WGN English Muffing - 1/2 serving Cheese - Ioz Canadian Bacon5oz Bananas Salad (double the serving size)	Baked Chicken WGN Bread - 1/2 serving Chicken - 1.5oz **Watermelon Mashed Yams Milk
	Grains         ages 1-2: serving size 1/202 or equivalent         ages 3-5: serving size 1/202 or equivalent         ages 1-2: serving size 1/4 cup         Vegetable         ages 1-2: serving size 1/4 cup         Milk         ages 1-2: serving size 1/4 cup         Milk         ages 1-2: serving size 1/202 or equivalent         ages 1-2: serving size 1/202 or equivalent	Chicken Penne Pasta WGN Pasta-1/2 serving Chicken84oz Cheese8 oz **Pears Broccoli Milk Cottage Cheese -1 oz	Seed Butter & Jelly Sandwich WGN Bread - 1/2 serving Seed Butter75oz Cheese Stick75oz Apple Sauce Corn Milk Graham Crackers - 1/2 serving / 1 sheet	Chicken Stir-fry Brown Rice -1/4c Brown Rice -Ground Chicken 1.5oz Pineapple Shredded Carrots, Frozen Broccoli, & Peppers Milk WGN Ritz Crackers - 5 crackers	Pizza         WGN English Muffing         -1/2 serving         Cheese - Ioz         Canadian Bacon5oz         Bananas         Salad         (double the serving size)         Milk	Baked Chicken WGN Bread -1/2 serving Chicken - 1.5oz **Watermelon Mashed Yams Milk Cheese Stick