

EARLY CHILDHOOD MENU 2023



	Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
Brkfst	No School	WG Mini Waffles Diced Pears & Milk	WG Mini Pancakes Sliced Peaches & Milk	WG Mini French Toast Mixed Fruit & Milk	WG Cheerios Bowl Applesauce & Milk
AM		WG Graham Cracker & Milk	Diced Pears, WG Elf Grahams & Water	WG Gripz & 100% Apple Juice	Sidekick, WG Animal Crackers, Water
Lunch		Mandarin Orange Chicken  SIDES: Broccoli Stir Fry Vegetables Mandarin Oranges Brown Rice	Hot Ham and Cheese on WG Bun  SIDES: Roasted Squash Pineapple Tidbits	Chicken and Gravy over Mashed Potatoes  SIDES: Mashed Potatoes Orange Slices WG Dinner Roll Milk	Pizza  SIDES: Carrot Coins Mixed Fruit  Milk  
PM		Yogurt, Cutie, & Water	WG Bug Bites & 100% Apple Juice	WG Banana Muffin & Milk	Cheese, Pretzels & Water
	9	10	11	12	13
Brkfst	WG Kix Cereal Bowl Pineapple Tidbits & Milk	WG Mini Waffles Diced Pears & Milk	WG Mini Pancakes Sliced Peaches & Milk	WG Mini French Toast Mixed Fruit & Milk	WG Cheerios Bowl Applesauce & Milk
AM	Yogurt, WG Granola or WG Cheerios & Water	WG Blueberry Muffin & Milk	Hard Boiled Egg, Pretzels & Water	WG Cheez Its & 100% Apple Juice	Hummus, Rainbow Veggies & Water
Lunch	WG Mini Corn Dogs  SIDES: Sweet Potato Fries Kiwi  Milk	Walking Taco  SIDES: Corn Lettuce & Tomatoes Diced Peaches Milk	Chicken Sandwich on WG Bun  SIDES: Baby Carrots Mandarin Oranges  Milk	WG Macaroni & Cheese with Ham  SIDES: Steamed Broccoli Mixed Fruit  Milk	WG Pizza Crunchers  SIDES: Baked Beans Fresh Apple Wedges  Milk
PM	WG Elf Graham & 100% Apple Juice	Cheese, Saltines & Water	Applesauce, WG Teddy Grahams & Water	Kix Cereal & Milk	Turkey on WG Bread & Water
	16 - SJW & HG ONLY	17	18	19	20
Brkfst	WG Kix Cereal Bowl Pineapple Tidbits & Milk	WG Mini Waffles Diced Pears & Milk	WG Mini Pancakes Sliced Peaches & Milk	WG Mini French Toast Mixed Fruit & Milk	WG Cheerios Bowl Applesauce & Milk
AM	Mixed Fruit, WG Dick & Jane Crackers, Water	Ham, Club Cracker & Water	WG Goldfish, Cheese Stick, Water	Oyster Crackers & 100% Fruit Punch	WG Animal Crackers & Milk
Lunch	WG Chicken Nuggets  SIDES: Potato Smiles Orange Slices WG Dinner Roll Milk  	Mini Cheese Ravioli  SIDES: Carrot Coins Applesauce  Milk	Hamburger on WG Bun  SIDES: Calico Beans Fresh Orange Slices  Milk  	Tater Tot Casserole  SIDES: Tater Tots & Mixed Veggies. (in Casserole) Pineapple Tidbits WG Garlic Toast Milk	Toasted Cheese WG Sandwich  SIDES: Celery Sticks Cantaloupe  Milk
PM	WG Graham Cracker & Milk	WG Chex Mix, Raisins & Water	WG Jelly Bread & 100% Fruit Punch	Baby Carrots, Pretzels, Water	WG Giant Goldfish, Peach Cup, Water
	23	24	25	26	27
Brkfst	WG Kix Cereal Bowl Pineapple Tidbits & Milk	WG Mini Waffles Diced Pears & Milk	WG Mini Pancakes Sliced Peaches & Milk	WG Mini French Toast Mixed Fruit & Milk	WG Cheerios Bowl Applesauce & Milk
AM	Melon, WG Dick & Jane Crackers, Water	Cinnamon Bread, Cheese Stick, & Water	WG Cheerios & Milk	Gogurt, WG Graham Cracker & Water	WG Sunchips & 100% Grape Juice
Lunch	Hot Dog on WG Bun  SIDES: Potato Wedges Diced Peaches  Milk	Cheese Quesadilla  SIDES: Black Beans Lettuce & Tomatoes Diced Pears Milk	Sloppy Joes on WG Bun  SIDES: Country Vegetables Mixed Fruit  Milk	BBQ Pulled Pork Sliders on WG Roll  SIDES: Steamed Green Beans Fresh Pear Slices  Milk	WG Bosco Sticks with Marinara  SIDES: Tossed Salad Cinnamon Apple Slices
PM	WG Cinnamon Bagel & 100% Grape Juice	Saltines, Cottage Cheese & Water	Ham WG Tortilla Rollup & Water	WG Tiger Grahams & Milk	Cheese Cubes, Sliced Apples, Water
CATHOLIC SCHOOLS WEEK					
	30	31			
Brkfst	WG Kix Cereal Bowl Pineapple Tidbits & Milk	WG Mini Waffles Diced Pears & Milk			
AM	WG Breadstick, Sliced Cheese, Water	WG Graham Cracker & Milk			
Lunch	Salisbury Steak & WG Dinner Roll  SIDES: Mashed Potatoes with Gravy Kiwi  Milk	Beef Nacho Supreme with Cheese  SIDES: Refried Beans Lettuce & Tomatoes Mandarin Oranges Milk			
PM	Homemade Pumpkin Bread & Apple Slices	Yogurt, Orange Wedges, & Water			

\*Menu subject to change without notice  
 \*WG = Whole Grain Rich Items  
 Milk = Whole for 2 and under, Skim for 2+ year olds

