



SA Menu No. 4 (2022-2023)

Month: March Days: 20-24 Year: 2023



Breakfast	*1-2	3-5	6-12	Monday	Tuesday	Wednesday	Thursday	Friday
Milk	4 oz	6 oz	8 oz	1 % Milk unflavored	1 % Milk unflavored	1 % Milk unflavored	1 % Milk unflavored	1 % Milk unflavored
Vegetable/ Fruit/Juice	1/4 Cup	1/2 Cup	1/2 Cup	Sliced Apples	Diced Pears	Mixed Fruit	Pineapple Chucks	Blueberries
Grains/ Breads	1/2 Slice/ 1/4 Cup	1/2 Slice/ 1/3 Cup	1 Slice / 3/4 Cup	Blueberry Shredded Wheat (WG)	English Muffin (WG)	Oatmeal (WG)	White Bread	Cream of Wheat (W.W)
Meat/ Meat Alternative							Scrabbled Eggs	
Extra/ Optional					Cream Cheese		Butter Spread	



Lunch	*1-2	3-5	6-12	Monday	Tuesday	Wednesday	Thursday	Friday
				Spaghetti w/ Meat Sauce	Meatballs	Chicken Nuggets	Beef Fajitas	Chinese Rice
Milk	4 oz	6 oz	8 oz	1 % Milk unflavored	1 % Milk unflavored	1 % Milk unflavored	1 % Milk unflavored	1 % Milk unflavored
Meat/ Meat Alternative	1 oz	1-1/2 oz	2 oz	Ground Beef	Meatballs CN Label	Chicken Nuggets CN Label	Beef Strips / Shredded Cheddar Cheese	Scrabbled Eggs / Ham Bites
Vegetable	1/8 Cup	1/4 Cup	1/4 Cup	Spinach	Green Beans	Tater Tots	Peppers & Onions	Mixed Vegetable
Fruit (or Vegetable)	1/8 Cup	1/4 Cup	1/4 Cup	Mixed Fruit	Diced Peaches	Applesauce	Blueberries	Diced Pears
Grains/ Bread	1/2 Slice/ 1/4 Cup	1/2 Slice/ 1/3 Cup	1 Slice / 3/4 Cup	Spaghetti Pasta	White Rice	Sweet Dinner Roll	Flour Tortilla	Jasmine Rice
Extra/ Optional				Spaghetti Sauce / Ranch Dressing		BBQ or Ketchup		Soy Sauce



Snack	*1-2	3-5	6-12	Monday	Tuesday	Wednesday	Thursday	Friday
Milk	4 oz	6 oz	8 oz	Low-Fat Yogurt	1% Milk unflavored			
Meat/ Meat Alternative	1/2 oz	1/2 oz	1 oz					
Vegetable/ Fruit/Juice	1/2 Cup	1/2 Cup	3/4 Cup	Peaches		Mango	Applesauce	100% Fruit Blend
Grains/ Breads	1/2 Slice/ 1/4 Cup	1/2 Slice/ 1/3 Cup	1 Slice / 3/4 Cup	Graham Crackers	Honey Graham Toasters	Cool Ranch Doritos	Cheez-Itz (WG)	Animal Crackers



Supper	*1-2	3-5	6-12	Monday	Tuesday	Wednesday	Thursday	Friday
				Tuna Sandwich	BBQ Chicken w/ Mac & Cheese	Turkey Tacos	Cheese Pizza	Chicken Marinara
Milk	4 oz	6 oz	8 oz	1 % Milk unflavored	1 % Milk unflavored	1 % Milk unflavored	1 % Milk unflavored	1 % Milk unflavored
Meat/ Meat Alternative	1 oz	1-1/2 oz	2 oz	Tuna	Drumsticks / Cheese Sauce	Ground Turkey / Shredded Cheddar Cheese	Cheese	Chicken Breast
Vegetable	1/8 Cup	1/4 Cup	1/4 Cup	Mix Salad	Broccoli	Lettuce & Tomatoes	Carrots	Peas
Fruit (or Vegetable)	1/8 Cup	1/4 Cup	1/4 Cup	Pears	Pineapple Chucks	Apple Slices	Mandarin/Oranges	Mixed Berries
Grains/ Bread	1/2 Slice/ 1/4 Cup	1/2 Slice/ 1/3 Cup	1 Slice / 3/4 Cup	White Bread	Elbow Pasta	Flour Tortilla	Breadsticks	Penna Pasta
Extra/ Optional				Mayonnaise	BBQ Sauce			Marinara Sauce

Note: Water will be served EVERYDAY during Snack (CN) CN LABEL REQUIRED
***Cut in bite size piece for 1-2 yr olds**
1 Year Olds Are Served Whole Milk