



SA Menu No. 3 (2023-2024)
Month: April Days: 15-19 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	Diced Pears	Peaches	Strawberries	Green Apples	Watermelon
Grains/ Breads	1/2 Slice/ 1/4 Cup	1/2 Slice/ 1/3 Cup	1 Slice / 3/4 Cup	Coco Puffs (WG)	Flour Tortilla	Cream Of Wheat (W.W)	French Toast	Bagel (W.W)
Meat/ Meat Alternative					Scrambled Eggs / Bacon		Bacon	Boiled Eggs
Extra /Optional							Syrup	Butter / Cream Cheese



Lunch	*1-2	3-5	6-12	Monday	Tuesday	Wednesday	Thursday	Friday
				Pork Chops	Beef Fajitas	Arroz Con Gandules	Chicken Sandwich	Spaghetti With Meat
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	Pork Chops	Beef Strips / Shredded Cheddar Cheese	Baked Chicken Breast	Chicken Breast	Ground Turkey
Vegetable	1/8 Cup	1/4 Cup	1/4 Cup	Corn on Cob	Peppers/ Onion	Mixed Salad	Lettuce	Broccoli
Fruit (or Vegetable)	1/8 Cup	1/4 Cup	1/4 Cup	Mixed Fruits	Blueberries	Grapes	Kiwi	Pineapple
Grains/ Bread	1/2 Slice/ 1/4 Cup	1/2 Slice/ 1/3 Cup	1 Slice / 3/4 Cup	White Rice	Flour Tortillas	Yellow Rice	Sub Roll	Spaghetti Pasta
Extra/ Optional				Avocado		Pigeon Peas/ Italian Dressing	Mayo	Spaghetti 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				Applesauce	Cheese Stick
Vegetable/ Fruit/Juice	1/2 Cup	1/2 Cup	3/4 Cup		100% Orange Juice			Green Apple
Grains/ Breads	1/2 Slice/ 1/4 Cup	1/2 Slice/ 1/3 Cup	1 Slice / 3/4 Cup	Pretzels	Sunchips Garden Salsa (WG)	Corn Flakes	Gold Fish (WG)	



Supper	*1-2	3-5	6-12	Monday	Tuesday	Wednesday	Thursday	Friday
				Hot Dog	Chicken Marinara	Cheese Burger	Cheese Pizza	Ham And Cheese Sliders
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	Hot Dogs	Chicken Breast	Beef Patty/ Cheese Slice	CN Cheese Pizza	Ham & Cheddar Cheese Slices
Vegetable	1/8 Cup	1/4 Cup	1/4 Cup	Chili	Mixed Veggies	Fries	Green Beans	Carrots
Fruit (or Vegetable)	1/8 Cup	1/4 Cup	1/4 Cup	Peaches	Mangos	Mixed Barries	Watermelon	Grapes
Grains/ Bread	1/2 Slice/ 1/4 Cup	1/2 Slice/ 1/3 Cup	1 Slice / 3/4 Cup	Hot Dog Bun	Penne Pasta	Burger Bun	Breadsticks	Dinner Roll
Extra/ Optional				Ketchup	Marinara Sauce	Ketchup		Mayo

**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
6yrs and up is offered Flavored Milk**



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