



SA Menu No. 4 (2023-2024)

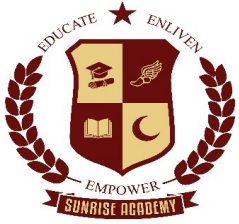
Month: April Days: 22-26 Year: 2023



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 Peaches	Blueberries	Pears	100% Apple Juice	Fresh Oranges
Grains/ Breads	1/2 Slice/ 1/4 Cup	1/2 Slice/ 1/3 Cup	1 Slice / 3/4 Cup	Cinnamon Toast Crunch (WG)	Sausage Biscuit	Oatmeal (WG)	Hash Brown	English Muffin (WG)
Meat/ Meat Alternative							Scrambled Eggs	
Extra /Optional								Cream Cheese
Lunch	*1-2	3-5	6-12	Monday	Tuesday	Wednesday	Thursday	Friday
				Beef Stew	Chicken Fajidtas	Drum Sticks	Cheese Burger	Chicken Nugget with Mac & Cheese
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	Beef Chunks	Chicken Strips/ Shredded Cheddar Cheese	Drum Sticks	Beef Patty/Cheddar Cheese Slices	Cheese Sauce/ (CN) Chicken Nuggets
Vegetable	1/8 Cup	1/4 Cup	1/4 Cup	Green Beans	Peppers/ Onions	Pinto Beans	Corn on Cob	Coleslaw
Fruit (or Vegetable)	1/8 Cup	1/4 Cup	1/4 Cup	Mixed Berries	Kiwi	Mixed Fruit	Mango	Sliced Peaches
Grains/ Bread	1/2 Slice/ 1/4 Cup	1/2 Slice/ 1/3 Cup	1 Slice / 3/4 Cup	Yellow Rice	Flour Tortilla	White Rice	Burger Bun	Elbow Pasta
Extra/ Optional				Plantains			Ketchup	Ketchup
Snack	*1-2	3-5	6-12	Monday	Tuesday	Wednesday	Thursday	Friday
Milk	4 oz	6 oz	8 oz			Low-Fat Yogurt		
Meat/ Meat Alternative	1/2 oz	1/2 oz	1 oz					Ham and Cheese
Vegetable/ Fruit/Juice	1/2 Cup	1/2 Cup	3/4 Cup	Mixed Fruit	100% Grape Juice		Applesauce	
Grains/ Breads	1/2 Slice/ 1/4 Cup	1/2 Slice/ 1/3 Cup	1 Slice / 3/4 Cup	Veggie Toasted Chips	Wheat Thins (WG)	Gold Fish Pretzels	Sunchips Cheddar (WG)	Flour Tortilla
Supper	*1-2	3-5	6-12	Monday	Tuesday	Wednesday	Thursday	Friday
				Chicken Patty with Spaghetti	Salisbury Steak	Chicken Salad	Cheese Pizza	Tuna
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	(CN) Chicken Patty	(CN) Salisbury Steak	Diced Chicken	(CN) Cheese Pizza	Tuna
Vegetable	1/8 Cup	1/4 Cup	1/4 Cup	Peas	Mashed Potato	Mixed Salad	Corn	Lettuce
Fruit (or Vegetable)	1/8 Cup	1/4 Cup	1/4 Cup	Kiwi	Mixed Fruit	Pineapple	Fresh Strawberries	Fresh Oranges
Grains/ Bread	1/2 Slice/ 1/4 Cup	1/2 Slice/ 1/3 Cup	1 Slice / 3/4 Cup	Spaghetti pasta	Dinner Roll	Crouton	Breadstick	Crossiant
Extra/ Optional				Spaghetti Sauce		Caesar Dressing		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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