PRECIOUS CARGO WEEKLY MENU

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| WEEK 1 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| BREAKFAST | MilkCheerios (WG)Fruit cup | MilkEnglish muffinsw/ butter/jellyFruit cup | MilkCroissantsw/ butter/jellyFruit cup | MilkBagel (WG) w/ cream cheese/jellyFruit cup | MilkApple cinnamonmuffin (WG)Fruit cup |
| LUNCH | Rigatoni w/ meat sauceGreen BeansMandarin OrangesMilk | French toast sticksSausage pattiesTomatoesApplesauceMilk | Fish sticksMac & cheesePeasMangoMilk | Baked hamButtered noodlesBaked beansStrawberriesMilk | Turkey & cheese slidersCornPeachesMilk |
| PM SNACK | GoldfishPickles | Teddy grahams (WG)Apples | Cheese crackers (WG)Oranges | Puff popcornYogurt | PretzelsString cheese |

PRECIOUS CARGO WEEKLY MENU

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| WEEK 2 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| BREAKFAST | MilkApple cinnamonmuffin (WG)Fruit cup | MilkBagel (WG) w/ cream cheese/jellyFruit cup | MilkCroissantsw/ butter/jellyFruit cup | MilkCheerios (WG)Fruit cup | MilkEnglish muffinsw/ butter/jellyFruit cup |
| LUNCH | Salami & cheese roll-upPeasPineappleMilk | Garlic bread pizzaw/ pepperoniCucumbersMandarin orangesMilk | PancakesSausageTomatoesApplesauceMilk | KielbasaParsley potatoesBlack olivesPeachesMilk | Cheese ravioliButtered bread (WG)Green beansMangoMilk |
| PM SNACK | Animal crackersGrapes | Veggie strawsGreen peppers | Ritz crackers (WG)Cheese | Graham crackersOranges | TostitosSalsa |

PRECIOUS CARGO WEEKLY MENU

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| WEEK 3 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| BREAKFAST | MilkCheerios (WG)Fruit cup | MilkEnglish muffinsw/ butter/jellyFruit cup | MilkCroissantsw/ butter/jellyFruit cup | MilkApple cinnamonmuffin (WG)Fruit cup | MilkBagel (WG) w/ cream cheese/jellyFruit cup |
| LUNCH | Pizza bagelw/ pepperoniBlack olivesMangoMilk | Chicken nuggetsRiceButtered bread (WG)CucumbersPineappleMilk | Sloppy Joe (WG)Tater totsGreen peppersStrawberriesMilk | Ham & cheese slidersCornStrawberriesMilk | Popcorn chickenFrench friesBroccoliPeachesMilk |
| PM SNACK | TostitosNacho cheese | Ritz bitsPickles | Rice crispsApples | Chex mixGreen peppers | Oyster crackersString cheese |

**TODDLER SERVING SIZES**

**SNACK (2 COMPONENTS)**

Meat/alternate: 1/2 oz. Grain: 1/2 oz.

Vegetable: 1/2 cup Fruit: 1/2 cup

**LUNCH**

Milk: 1/2 cup Meat/alternate: 1 oz. Grain: 1/2 oz. Vegetable: 1/8 cup Fruit: 1/8 cup

**SCHOOLER SERVING SIZES**

**SNACK (2 COMPONENTS)**

Meat/alternate: 1 oz. Grain: 1 oz.

Vegetable: 3/4 cup Fruit: 3/4 cup

**LUNCH**

Milk: 1 cup Meat/alternate: 1 oz. Grain: 1 oz. Vegetable: 1/4 cup Fruit: 1/4 cup

**PRESCHOOL SERVING SIZES**

**SNACK (2 COMPONENTS)**

Meat/alternate: 1/2 oz. Grain: 1/2 oz.

Vegetable: 1/2 cup Fruit: 1/2 cup

**LUNCH**

Milk: 3/4 cup Meat/alternate: 1.5 oz. Grain: 1/2 oz. Vegetable: 1/4 cup Fruit: 1/4 cup

**INFANT SERVING SIZES**

**SNACK (2 COMPONENTS)**

Meat/alternate: 1/2 oz. Grain: 1/2 oz.

Vegetable: 1/2 cup Fruit: 1/2 cup

**LUNCH**

Milk: 1/2 cup Meat/alternate: 1 oz. Grain: 1/2 oz. Vegetable: 1/8 cup Fruit: 1/8 cup