PRECIOUS CARGO WEEKLY MENU

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| --- | --- | --- | --- | --- | --- |
| WEEK 1 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| BREAKFAST | Milk  Cheerios (WG)  Fruit cup | Milk  English muffins  w/ butter/jelly  Fruit cup | Milk  Croissants  w/ butter/jelly  Fruit cup | Milk  Bagel (WG)  w/ cream cheese/jelly  Fruit cup | Milk  Apple cinnamon  muffin (WG)  Fruit cup |
| LUNCH | Rigatoni w/ meat sauce  Green Beans  Mandarin Oranges  Milk | French toast sticks  Sausage patties  Tomatoes  Applesauce  Milk | Fish sticks  Mac & cheese  Peas  Mango  Milk | Baked ham  Buttered noodles  Baked beans  Strawberries  Milk | Turkey & cheese sliders  Corn  Peaches  Milk |
| PM SNACK | Goldfish  Pickles | Teddy grahams (WG)  Apples | Cheese crackers (WG)  Oranges | Puff popcorn  Yogurt | Pretzels  String cheese |

PRECIOUS CARGO WEEKLY MENU

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| WEEK 2 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| BREAKFAST | Milk  Apple cinnamon  muffin (WG)  Fruit cup | Milk  Bagel (WG)  w/ cream cheese/jelly  Fruit cup | Milk  Croissants  w/ butter/jelly  Fruit cup | Milk  Cheerios (WG)  Fruit cup | Milk  English muffins  w/ butter/jelly  Fruit cup |
| LUNCH | Salami & cheese roll-up  Peas  Pineapple  Milk | Garlic bread pizza  w/ pepperoni  Cucumbers  Mandarin oranges  Milk | Pancakes  Sausage  Tomatoes  Applesauce  Milk | Kielbasa  Parsley potatoes  Black olives  Peaches  Milk | Cheese ravioli  Buttered bread (WG)  Green beans  Mango  Milk |
| PM SNACK | Animal crackers  Grapes | Veggie straws  Green peppers | Ritz crackers (WG)  Cheese | Graham crackers  Oranges | Tostitos  Salsa |

PRECIOUS CARGO WEEKLY MENU

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| --- | --- | --- | --- | --- | --- |
| WEEK 3 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| BREAKFAST | Milk  Cheerios (WG)  Fruit cup | Milk  English muffins  w/ butter/jelly  Fruit cup | Milk  Croissants  w/ butter/jelly  Fruit cup | Milk  Apple cinnamon  muffin (WG)  Fruit cup | Milk  Bagel (WG)  w/ cream cheese/jelly  Fruit cup |
| LUNCH | Pizza bagel  w/ pepperoni  Black olives  Mango  Milk | Chicken nuggets  Rice  Buttered bread (WG)  Cucumbers  Pineapple  Milk | Sloppy Joe (WG)  Tater tots  Green peppers  Strawberries  Milk | Ham & cheese sliders  Corn  Strawberries  Milk | Popcorn chicken  French fries  Broccoli  Peaches  Milk |
| PM SNACK | Tostitos  Nacho cheese | Ritz bits  Pickles | Rice crisps  Apples | Chex mix  Green peppers | Oyster crackers  String 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