



## School-Age Daily Menu



				1
<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
	1 Breakfast Whole Grain Corn Chex Banana Unflavored Skim Milk	2 Breakfast Whole Grain Raisin Bread Fresh Apples Unflavored Skim Milk	3 Breakfast Rice Krispies Sliced Peaches Unflavored Skim Milk	4 Breakfast Whole Grain Kix Cereal Mixed Fruit Unflavored Skim Milk
	Snack Whole Wheat Animal Crackers Mandarin Oranges Water	Snack Whole Grain Ritz Crackers Fresh Oranges Water	Snack Whole Grain Corn Muffins Fresh Apples Water	Snack Whole Grain Goldfish Crackers Applesauce Water
7 Breakfast Whole Grain Cheerios Applesauce Unflavored Skim Milk	8 Breakfast Corn Flakes Diced Pears Unflavored Skim Milk	9 Breakfast Whole Grain Pancakes Bananas Unflavored Skim Milk	10 Breakfast  Whole Grain  Waffles w/Syrup  Applesauce  Unflavored Skim Milk	11 Breakfast Whole Grain Corn Chex Banana Unflavored Skim Milk
Snack Whole Wheat Graham Crackers Pears Water	Snack Whole Grain Soft Pretzel Rods **2 Per Child** Cheese Dip Water	Snack Whole Grain Ritz Crackers Soy Butter Raisins Water	Snack Whole Wheat Animal Crackers Mandarin Oranges Water	Snack Fresh Carrot Sticks Dipped Soy Butter Water





## School-Age Daily Menu



<u>Tuesday</u>	<u>Wednesday</u>	<b>Thursday</b>	<u>Friday</u>
Rice Krispie Cereal Orange Wedges Unflavored Skim Milk  Snack Whole Grain Goldfish Crackers Applesauce Water	Mhole Grain French Toast Sticks Applesauce Unflavored Skim Milk  Snack Whole Grain Blueberry Lemon Crisp Sliced Peaches Water	Mhole Grain Cheerios Diced Pears Unflavored Skim Milk  Snack Yogurt Whole Grain Maple Bites Water	ALL LVCC CENTERS ARE CLOSED
22 Breakfast	23 Breakfast	24 Breakfast	25 Breakfast
100% Whole Wheat Bread 100% Orange Juice Unflavored Skim Milk	Whole Grain Pancake Fresh Apple Unflavored Skim Milk	100% Whole Wheat Bagel w/Cream Cheese 100% Pineapple Juice Unflavored Skim Milk	Whole Grain Life Cereal Mixed Fruit Unflavored Skim Milk
Snack Whole Grain Goldfish Crackers Applesauce Water	Snack Whole Wheat Hard Pretzels Diced Pears Water	Snack Whole Grain Animal Crackers Cheese Sticks Water	Snack Whole Grain Ritz Crackers Fresh Oranges Water
	Rice Krispie Cereal Orange Wedges Unflavored Skim Milk  Snack Whole Grain Goldfish Crackers Applesauce Water  Breakfast  100% Whole Wheat Bread 100% Orange Juice Unflavored Skim Milk  Snack Whole Grain Goldfish Crackers Applesauce	15 Breakfast Rice Krispie Cereal Orange Wedges Unflavored Skim Milk  Snack Whole Grain Goldfish Crackers Applesauce Water  22 Breakfast 100% Whole Wheat Bread 100% Orange Juice Unflavored Skim Milk  Snack Whole Grain Blueberry Lemon Crisp Sliced Peaches Water  23 Breakfast Whole Grain Pancake Fresh Apple Unflavored Skim Milk  Snack Whole Grain Pancake Fresh Apple Unflavored Skim Milk  Snack Whole Grain Goldfish Crackers Applesauce Whole Wheat Hard Pretzels Diced Pears Water	15   Breakfast   Rice Krispie Cereal Orange Wedges Unflavored Skim Milk





## School-Age Daily Menu



<u>Monday</u>	<u>Tuesday</u>	Wednesday	<b>Thursday</b>	<u>Friday</u>
28 Breakfast  Whole Grain French Toast Sticks Applesauce Unflavored Skim Milk  Snack Whole Grain Blueberry Lemon Crisp Sliced Peaches Water	29 Breakfast  Whole Grain Waffle w/Syrup Peaches Unflavored Skim Milk  Snack Whole Grain Cheese It Crackers Mandarin Oranges Water	30 Breakfast  Whole Grain Corn Chex Banana Unflavored Skim Milk  Snack Fresh Carrot Sticks Dipped Soy Butter Water		