

CDC Spring / Summer Menu 2024

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST - BREAD (iron)	Avocado and mago Whole Grain Toast with egg 1 each	Whole Grain Corn Chex 1 cup	Strawberry Chia Overnight Oats 3oz	Choc Chip Pancake 1 Each Pancake Syrup 1 oz.	Whole Grain Biscuit and Turkey Sausage Gravy 4 oz.
		Turkey Bacon 2 Each	Scrambled Eggs 2 oz.	Turkey Sausage Patty 1 each	Scrambled Eggs 1 oz.
FRUIT/VEGETABLE	Peach Slices in Natural Juice 4 oz.	Bananna 1 Each	Cantaloupe 4 oz.	Fresh Grapes 4 oz.	Kiwi 4 oz.
Vegetarian		Scrambled Egg 2 oz		Beyond Sausage Patty	Biscuit and Gravy 4 oz.
	Milk 1%, 8floz	Milk 1%, 8floz	Milk 1%, 8floz	Milk 1%, 8floz	Milk 1%, 8floz
LUNCH - MEAT	Beef Meatloaf 2 oz. Brown Gravy 2 oz.	Breaded Chicken Sandwich with cheese 1 each Mayo 1 oz.	Macaroni and Cheese 4 oz. Meatballs 3oz	Turkey TOT-Chos 6oz	Veggie Pizza On Whole Grain Crust 1 each
	Whole Wheat Dinnner Roll 1 each	Sweet potato puffs 2 oz.	Whole Wheat Roll 1 each	Steamed Broccoli 4 oz.	Garden Salad 4 ounce Ranch Dressing 1 oz.
FRUIT/VEGETABLE	Fresh Watermelon 3 ounce Green Beans 3 oz.	Fresh Pinapple 4 oz. Diced Carrots 4 oz.	Fresh Broccoli 4 oz. Apples Slices (Applesauce for Toddlers) 4 oz	Fresh Watermelon 4 ounce	Fresh Honeydew 4 ounce Low Fat Cottage Cheese 2 oz.
Vegetarian	Veggie Patty 2 1/2 oz	Beyond Burger with cheese 1 each Fat Free Cottage Cheese 2 oz. Mayo 1 oz.	Mac and Cheese 4oz Imposible Meatballs 3oz	TOT-Chos 6oz (sub turkey for 4oz black beans)	
	Milk 1%, 8floz	Milk 1%, 8floz	Milk 1%, 8floz	Milk 1%, 8floz	Milk 1%, 8floz
WEEK ONE SNACK	String Cheese 2 oz Craisins 2oz Iced Water 8 oz	White Bean Dip 2 Ounces White Pita Bread Half 2 ounces Ice Water, 8 oz	Fresh Sliced Strawberries 4 oz. Fat Free Vanilla Yogurt 2 oz. Ice Water, 8 oz.	Carrots and Celery Sticks 2 each Creamy Ranch 2 Ounces Steamed Carrots Toddlers 2 oz Milk 8 oz	Mandarian Oranges 4 oz. Fat Free Cottage Cheese 2 oz. Ice Water, 8 oz.

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<u>WEEK 2</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
BREAKFAST - BREAD (iron)	Breakfast Potato Casserole 3 oz Scrambled Eggs 1 oz.	Waffles 4 oz Pancake Syrup 1 oz. Turkey Sausage Link 1 each	Veggie Quiche 1each Whole Grain Bread 1 each	Turkey Sausage, Egg and Cheese Burrito on Whole Wheat Torilla 1 each Hash Brown Patties 4 oz	WG Cherrios 2 oz. Fat Free Vanilla Greek Yogurt 2 oz.
FRUIT/VEGETABLE	Applesauce 4 oz.	Fresh Cubed Pineapple 4 oz.	Fresh Strawberries 4 oz.	Banana 1 each	Fresh Blueberries 4 oz.
Vegetarian		Beyond Sausage 1 each Fat Free Cottage Cheese 2 oz. Mayo		Egg and Cheese Burrito 1 each	
	Milk 1%, 8floz	Milk 1%, 8floz	Milk 1%, 8floz	Milk 1%, 8floz	Milk 1%, 8floz
LUNCH - MEAT	Jack Fruit Carnitas Bowl 6oz	Whole Grain Chicken Nuggets 3 oz. Ketchup 1 oz.	Salisbury Steak 2 oz. Mashed Potatoes and Brown Gravy 2 oz.	Spaghetti with tomato sauce 3 oz. Ground Beef 2 oz	BBQ Chicken 3 oz. White Rice 2 oz
		Tater Tots 2oz	Steamed Corn 4 oz.	Baby Carrots with Ranch 4 oz. Steamed Carrots for Toddlers	Red and Green Pepper Strips 4 oz.
FRUIT/VEGETABLE	Sliced Peaches 4 oz. Toddlers (Soft Shells)	Red Seedless Grapes 4 oz. Peas and Carrots 4 oz.	Pears in Natural Juices 4 oz. Wheat Roll 1 each	Fresh Cubed Cantaloupe 4 oz.	Steamed Broccoli for Toddlers 4 oz. Fresh Fruit Cup 4 oz.
Vegetarian		Tofu 2 oz.	Veggie Patty with veggie gravy 4oz	Spaghetti with tomato sauce 3 oz. Tofu 2 oz	BBQ Tofu 3 oz. White Rice 2oz
	Milk 1%, 8floz	Milk 1%, 8floz	Milk 1%, 8floz	Milk 1%, 8floz	Milk 1%, 8floz
WEEK TWO SNACK	String Cheese 2 oz Wheat Thin Crackers 4 each Iced Water 8 oz	Hummus 2 Ounces White Pita Bread Half 2 ounces Ice Water, 8 oz	Fresh Sliced Strawberries 4 oz. Fat Free Vanilla Yogurt 2 oz. Ice Water, 8 oz.	Carrots and Celery Sticks 2 each Creamy Ranch 2 Ounces Steamed Carrots Toddlers 2 oz Milk 8 oz	Mandarian Oranges 4 oz. Fat Free Cottage Cheese 2 oz. Ice Water, 8 oz.

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<u>WEEK 3</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
BREAKFAST - BREAD (iron)	Whole Grain Biscuit and Turkey Sausage Gravy 4 oz.	Scambled Eggs 2 Ounce American Cheese Slice 1 each Croissant 1 each	Hash Browns 2 ounce Scambled Eggs 2 Ounce Whole Wheat bagel 1 Each Ketchup 1 ounce	Egg Patty and English Muffin Sandwich Style 1 each	Apple Butter with Whole Grain Biscuit 1 each Turkey Bacon 2 each
FRUIT/VEGETABLE	Blueberries 4 oz.	Banana 1 each	Fresh Fruit Cup 4 oz.	Mandarin Oranges 4 oz.	Fresh Cubed Cantaloupe 4 oz.
Vegetarian				Beyond Sausage Patty	
	Milk 1%, 8froz	Milk 1%, 8froz	Milk 1%, 8froz	Milk 1%, 8froz	Milk 1%, 8froz
LUNCH - MEAT	Cheeseburger on a Whole Wheat Bun 1 each	Smoky White Bean and Spinach Soup 6oz Bread Stick 1each	Beef Tacos with Whole Grain Torilla 4 oz Refried Beans 1 oz. Shredded Cheese 1 oz. Fresh Tomato Salsa 1 oz.	Lightened Alfredo with broccoli 3 oz Diced Chicken 2 oz.	Cheese Pizza 3 oz. Cottage Cheese 2oz
	Baked French Fries 4 oz Ketchup 1 oz	Fresh Garden Salad 4 oz Ranch Dresing 1 oz.	Steamed Peas and Carrots 4 oz	Green Beans 4oz	Cucumbers and Carrots with Ranach 4oz. Steamed Carrots (toddlers) 4oz
FRUIT/VEGETABLE	Fresh Cubed Honeydew 4 oz. Corn 4oz.	Fresh Green Peas (Toddlers) 4 oz. Cinnamon Applesauce 4 oz.	Mandarian Oranges 4 oz.	Bannana 1 each	Fresh Pineapple 4 oz.
Vegetarian	Veggie Burger on a Whole Wheat Bun 4 oz.		Three Bean Taco with Whole Grain Torilla 4 oz.	Lightened Alfredo with broccoli with Tofu 2oz	Cheese Pizza 3 oz. Cottage Cheese 2oz
	Milk 1%, 8froz	Milk 1%, 8froz	Milk 1%, 8froz	Milk 1%, 8froz	Milk 1%, 8froz
WEEK THREE SNACK	Refried Beans 2 oz Tortilla Chip 4 each Red Seedless Grapes 3oz	Hard Boiled Egg 1 each Peach Slices 3 oz Goldfish Crackers 2oz	Fresh Cubed Cantaloupe 3 oz. Cottage Cheese Fat Free, 2oz Crackers Cheeze its 1.7oz	Dill Dipping Sauce 2 ounces Apple Slices 1 apple Club Crackers 2 oz	Sliced Cheddar Cheese 2 oz Crackers Cheeze its 1.7oz Watermelon Cubed 3 ounces
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WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST - BREAD (iron)	Apple Overnight Oats 3oz	Turkey Sausage, Egg and Cheese Burrito on Wheat Tortilla 4 oz	Scambled Eggs with Cheese 4 oz.	Whole Grain Cherrios 4 oz.	French Whole Grain Toast 1 slice
		Hash Browns 3 oz.	English Muffin 1 each	Fat Free Vanilla Yogurt 2 oz.	Pancake Syrup 1 ounce Turkey Sausage Links 1 each
FRUIT/VEGETABLE	Fresh Blueberries 4 oz.	Cubed Cantalope 4 oz.	Applesauce 4 oz.	Red Seedles Grapes 4 oz.	Banana 1each
Vegetarian		Egg and Cheese Burrito 4 oz.			Scrambled Eggs 1 oz.
	Milk 1%, 8froz	Milk 1%, 8froz	Milk 1%, 8froz	Milk 1%, 8froz	Milk 1%, 8froz
LUNCH - MEAT	Thai Curry Stew 4oz with Jasmine Rice 2oz	Sloppy Joe 3oz with Whole Wheat Bun 4oz Cole Slaw 4oz	Cheese Quesdilla on Whole Wheat Tortilla 2 oz. Refried Beans 2 oz. Fresh Tomato Salsa 1 oz.	Veggie Pot Pie (3oz) with 3oz turkey Breast on side	Grilled Cheese on Whole Wheat 1 each Fat Free Cottage Cheese 2 oz.
		Peas (Babies) 4 oz		Green Peas (Toddlers) 4 ounce	Whole Kernel Corn 4 oz
FRUIT/VEGETABLE	Cubed Watermelon 4 oz. Itallian Green Beans 4 oz.	Mixed Fruit in Natural Juices 4 oz.	Pear 1 each (slice for toddler) Fajita Veggies 4oz	Green Salad with Ranch 4 ounce Honeydew 4 oz.	Pineapple 4 oz Sweet Potato Fries 4 oz. Ketchup
Vegetarian		Sloppy Joe with impossible beef 3 oz.		Veggie Pot Pie with tofu on side (3 oz of each)	
	Milk 1%, 8froz	Milk 1%, 8froz	Milk 1%, 8froz	Milk 1%, 8froz	Milk 1%, 8froz
WEEK FOUR SNACK	Hard Boiled Egg 1 each Dried Apricots 2oz Water 4oz	String Cheese 2 ounce Wheat Thins 2 oz Water 4froz	Fresh Fruit Cup 2 ounce Yogurt 2 ounce Ice Water, 8 floz	Spinach Artichoke Dip 2 ounces Tortilla Chips (Pita for Toddlers) 1 oz Hard Boiled Egg 1 each Milk 1%, 8 floz	Turkey Pepperoni Slices 2oz Cheese Stick 1 Each Milk 1%, 8 floz
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