Forest Park Christian Early Learning Center Menu						5/2/2022			
Type	Component	Minimum Serving			5/2/2022	5/3/2022	5/4/2022	5/5/2022	5/6/2022
		1 - 2 years	3 - 5 years	6 - 18 years	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Fluid Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Meat or meat alternate								
	Vegetable	1/8 cup	1/4 cup	1/2 cup					
	Fruits	1/8 cup	1/4 cup	1/4 cup	Strawbry Applesauce	Apples, Pineapple, Peaches Fruit Cup	Cinnamon Applesauce	Pineapple, Peaches, Pear Fruit Cup	Mandarin Oranges
	Grains/Breads/ Cooked cereal, and/or pasta				Cinnamon Chex	Berry Kix	Rice Krispies	Cinnamon Toast Crunch	Kix
	Other food items								
Lunch	Fluid Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Meat or meat alternate	1 oz.	1 1/2 oz.	2 oz.	Fish Sticks	Meatballs / Marinara Sauce	Bosco Sticks	Grilled Cheese Sandwich	Cheese Pizza
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Oven Baked Steak Fries	Green Salad	Corn	Cauliflower	Salad
	Fruits	1/8 cup	1/4 cup	1/4 cup	Mandarin Oranges	Fruit Cocktail	Peaches	Diced Pineapple	Apple Slices
	Grains/Breads/ Cooked cereal, and/or pasta	1/2 oz.	1/2 oz.	1 oz.	WG Breading on Fish Sticks	WG Spaghetti	WG Bread	WG Bread	WG Crust
	Other food items					Garlic Bread		Tomato Soup	
PM Snack	Milk, fluid	1/2 cup	1/2 cup	1 cup	Yogurt	Milk			Milk
	Meat or meat alternate	1/2 oz.	1/2 oz.	1 oz.			Cheddar Stick		
	Vegetable	1/2 cup	1/2 cup	3/4 cup					
	Fruits	1/2 cup	1/2 cup	3/4 cup	100% Juice		100% Juice	100% Juice	
	Grains/Breads/ Cooked cereal, and/or pasta	1/2 oz.	`1/2 oz.	1 oz.		WG Scooby Doo Graham Sticks		Sun Chips	WG Goldfish Pretzels
	Other food items								

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** Caydence White (SAC) SOYMILK Cameron Benson (SAC) NO NUTS Yousouf (Honeybees) NO APPLE JUICE OR SAUCE, NO PORK, LACTOSE FREE MILK Myah (Turtles) ALMOND MILK Lina - PEDIASURE AT LUNCH Eyannah Bryant (SAC) NO CITRUS OR RED SAUCES Jadakis Ford NO BLUEBERRIES **ALL MILK SUBSTITUTIONS are by CHOICE

Forest Park Christian Early Learning Center Menu						5/9/2022			
Type	Component	Minimum Serving			5/9/2022	5/10/2022	5/11/2022	5/12/2022	5/13/2022
		1 - 2 years	3 - 5 years	6 - 18 years	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Fluid Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Meat or meat alternate								
	Vegetable	1/8 cup	1/4 cup	1/2 cup					
	Fruits	1/8 cup	1/4 cup	1/4 cup	Peaches	Mango Applesauce	Pears	Tropical Fruit Cup	Applesauce
	Grains/Breads/ Cooked cereal, and/or pasta	1/2 oz.	1/2 oz.	1 oz.	Rice Chex	Cheerios	Quaker Oats Squares	Kix	Cinnamon Toast Crunch
	Other food items								
Lunch	Fluid Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Meat or meat alternate	1 oz.	1 1/2 oz.	2 oz.	All Beef Hamburger	Chicken Nuggets	Turkey Taco	Turkey or Chicken Corn Dogs	Cheese Pizza
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Sweet Potato Fries	Mixed Vegetables	Peas	Green Beans	Green Salad
	Fruits	1/8 cup	1/4 cup	1/4 cup	Pears	Pineapple	Peaches	Applesauce	Mandarin Oranges
	Grains/Breads/ Cooked cereal, and/or pasta	1/2 oz.	1/2 oz.	1 oz.	WG Bun	WG Breading	WG Tortilla	WG Breading	WG Crust
	Other food items						Sour Cream		Ranch Dip
PM Snack	Milk, fluid	1/2 cup	1/2 cup	1 cup	Milk		Milk		Milk
	Meat or meat alternate	1/2 oz.	1/2 oz.	1 oz.		Mozzarelli Sticks			
	Vegetable	1/2 cup	1/2 cup	3/4 cup					
	Fruits	1/2 cup	1/2 cup	3/4 cup		100% Juice		100% Juice	
	Grains/Breads/ Cooked cereal, and/or pasta	1/2 oz.	1/2 oz,.	1 oz.	WG Chex Mix		Cinnamon Crackers	Cheddar Fish Crackers/Cheezits	Cool Ranch Tortilla Chips
	Other food items								

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Forest Park Christian Early Learning Center Menu						5/16/2022			
Type	Component	Minimum Serving			5/16/2022	5/17/2022	5/18/2022	5/19/2022	5/20/2022
		1 - 2 years	3 - 5 years	6 - 18 years	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Fluid Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Meat or meat alternate								
	Vegetable	1/8 cup	1/4 cup	1/2 cup					
	Fruits	1/8 cup	1/4 cup	1/4 cup	Strawbry Applesauce	Apples, Pineapple, Peaches Fruit Cup	Cinnamon Applesauce	Pineapple, Peaches, Pear Fruit Cup	Mandarin Oranges
	Grains/Breads/ Cooked cereal, and/or pasta				Cinnamon Chex	Berry Kix	Rice Krispies	Cinnamon Toast Crunch	Kix
	Other food items								
Lunch	Fluid Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Meat or meat alternate	1 oz.	1 1/2 oz.	2 oz.	Fish Sticks	Meatballs / Marinara Sauce	Bosco Sticks	Grilled Cheese Sandwich	Cheese Pizza
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Oven Baked Steak Fries	Green Salad	Corn	Cauliflower	Salad
	Fruits	1/8 cup	1/4 cup	1/4 cup	Mandarin Oranges	Fruit Cocktail	Peaches	Diced Pineapple	Apple Slices
	Grains/Breads/ Cooked cereal, and/or pasta	1/2 oz.	1/2 oz.	1 oz.	WG Breading on Fish Sticks	WG Spaghetti	WG Bread	WG Bread	WG Crust
	Other food items					Garlic Bread		Tomato Soup	
PM Snack	Milk, fluid	1/2 cup	1/2 cup	1 cup	Yogurt	Milk			Milk
	Meat or meat alternate	1/2 oz.	1/2 oz.	1 oz.			Cheddar Stick		
	Vegetable	1/2 cup	1/2 cup	3/4 cup					
	Fruits	1/2 cup	1/2 cup	3/4 cup	100% Juice		100% Juice	100% Juice	
	Grains/Breads/ Cooked cereal, and/or pasta	1/2 oz.	`1/2 oz.	1 oz.		WG Scooby Doo Graham Sticks		Sun Chips	WG Goldfish Pretzels
	Other food items								

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Forest Park Christian Early Learning Center Menu						5/23/2022			
Type	Component	Minimum Serving			5/23/2022	5/24/2022	5/25/2022	5/26/2022	5/27/2022
		1 - 2 years	3 - 5 years	6 - 18 years	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Fluid Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Meat or meat alternate								
	Vegetable	1/8 cup	1/4 cup	1/2 cup					
	Fruits	1/8 cup	1/4 cup	1/4 cup	Peaches	Mango Applesauce	Pears	Tropical Fruit Cup	Applesauce
	Grains/Breads/ Cooked cereal, and/or pasta	1/2 oz.	1/2 oz.	1 oz.	Rice Chex	Cheerios	Quaker Oats Squares	Kix	Cinnamon Toast Crunch
	Other food items								
Lunch	Fluid Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Meat or meat alternate	1 oz.	1 1/2 oz.	2 oz.	All Beef Hamburger	Chicken Nuggets	Turkey Taco	Turkey or Chicken Corn Dogs	Cheese Pizza
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Sweet Potato Fries	Mixed Vegetables	Peas	Green Beans	Green Salad
	Fruits	1/8 cup	1/4 cup	1/4 cup	Pears	Pineapple	Peaches	Applesauce	Mandarin Oranges
	Grains/Breads/ Cooked cereal, and/or pasta	1/2 oz.	1/2 oz.	1 oz.	WG Bun	WG Breading	WG Tortilla	WG Breading	WG Crust
	Other food items						Sour Cream		Ranch Dip
PM Snack	Milk, fluid	1/2 cup	1/2 cup	1 cup	Milk		Milk		Milk
	Meat or meat alternate	1/2 oz.	1/2 oz.	1 oz.		Mozzarelli Sticks			
	Vegetable	1/2 cup	1/2 cup	3/4 cup					
	Fruits	1/2 cup	1/2 cup	3/4 cup		100% Juice		100% Juice	
	Grains/Breads/ Cooked cereal, and/or pasta	1/2 oz.	1/2 oz,.	1 oz.	WG Chex Mix		Cinnamon Crackers	Cheddar Fish Crackers/Cheezits	Cool Ranch Tortilla Chips
	Other food items								

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Forest Park Christian Early Learning Center Menu					5/30/2022				
Type	Component	Minimum Serving			5/30/2022	5/31/2022	6/1/2022	6/2/2022	6/3/2022
		1 - 2 years	3 - 5 years	6 - 18 years	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Fluid Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Meat or meat alternate								
	Vegetable	1/8 cup	1/4 cup	1/2 cup					
	Fruits	1/8 cup	1/4 cup	1/4 cup	Strawbry Applesauce	Apples, Pineapple, Peaches Fruit Cup	Cinnamon Applesauce	Pineapple, Peaches, Pear Fruit Cup	Mandarin Oranges
	Grains/Breads/ Cooked cereal, and/or pasta				Cinnamon Chex	Berry Kix	Rice Krispies	Cinnamon Toast Crunch	Kix
	Other food items								
Lunch	Fluid Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Meat or meat alternate	1 oz.	1 1/2 oz.	2 oz.	Fish Sticks	Meatballs / Marinara Sauce	Bosco Sticks	Grilled Cheese Sandwich	Cheese Pizza
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Oven Baked Steak Fries	Green Salad	Corn	Cauliflower	Salad
	Fruits	1/8 cup	1/4 cup	1/4 cup	Mandarin Oranges	Fruit Cocktail	Peaches	Diced Pineapple	Apple Slices
	Grains/Breads/ Cooked cereal, and/or pasta	1/2 oz.	1/2 oz.	1 oz.	WG Breading on Fish Sticks	WG Spaghetti	WG Bread	WG Bread	WG Crust
	Other food items					Garlic Bread		Tomato Soup	
PM Snack	Milk, fluid	1/2 cup	1/2 cup	1 cup	Yogurt	Milk			Milk
	Meat or meat alternate	1/2 oz.	1/2 oz.	1 oz.			Cheddar Stick		
	Vegetable	1/2 cup	1/2 cup	3/4 cup					
	Fruits	1/2 cup	1/2 cup	3/4 cup	100% Juice		100% Juice	100% Juice	
	Grains/Breads/ Cooked cereal, and/or pasta	1/2 oz.	`1/2 oz.	1 oz.		WG Scooby Doo Graham Sticks		Sun Chips	WG Goldfish Pretzels
	Other food items								

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