	<b>CDC Spring / Sum</b>	mer 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.	<b>Bananna</b> 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.
		This institution is an equal o	portunity provider and employ	ver	

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST - BREAD (iron)	Breakfast Potato Casserole 3 oz	Waffles 4 oz Pancake Syrup 1 oz.	Veggie Quiche 1each	Turkey Sausage, Egg and Cheese Burrito on Whole Wheat Torilla 1 each	WG Cherrios 2 oz.
	Scrambled Eggs 1 oz.	Turkey Sausage Link 1 each	Whole Grain Bread 1 each	Hash Brown Patties 4 oz	Fat Free Vanilla Greek Yogurt 2 oz.
FRUIT/VEGETABLE	Applesauce 4 oz.	Fresh Cubed Pineapple 4 oz.	Fresh Strawberries 4 oz.	<b>Banana</b> 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 Bowl6oz	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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BREAKPAST. BREAD (ron)     Whole Grain Bliscut and Turkey Sussess Gravy 4 oz.     Scambled Eggs 2 Ounce American Cheese Silce 1 each     Hash Browns 2 Ounce Whole Wheat Bagel 1 Each     Egg Paty and English Muffh Sandwich Style 1 each     Apple Butter with Whole Grain Biscut 1 each       FRUIT/VEGETABLE     Blueberries 4 oz.     Banana 1 each     Fresh Fruit Cup 4 oz.     Mandarin Oranges 4 oz.     Fresh Cubed Cantaloupe 4 oz.     Contese Patz 3 oz.     Contese Patz 3 oz.     Cottage Cheese 2 oz 3 oz. <td< th=""><th>WEEK 3</th><th>MONDAY</th><th>TUESDAY</th><th>WEDNESDAY</th><th>THURSDAY</th><th>FRIDAY</th></td<>	WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FRUIT/VEGETABLE Blueborries 4 oz. Banana 1 each 1 ounce Mandarin Oranges 4 oz. Fresh Cubed Cantaloupe 4 oz.   Vegetarian Mik 1%, 8floz Mik 1%, 8floz Mik 1%, 8floz Beyond Sausage Patty   UNCH - MEAT Cheeseburger on a Whole 1 each Smoky White Boan and Spinach Soup 6oz Bread Stick 1each Bef Tacco with Whole Grain 1 oz. Milk 1%, 8floz Cheeseburger on a Whole Spinach Soup 6oz Bread Stick 1each Bef Tacco with Whole Grain 1 oz. Lightoned Alfredow tith broccoli 3 oz Cottage Cheese 2 oz Steamed Paes and Carrots 1 oz. Steamed Paes and Carrots 4 oz With Ranach 4 oz A oz Steamed Paes and Carrots 4 oz Steamed Alfred ow tith broccoli with Ranach 4 oz Cottage Cheese 2 oz Steamed Carrots 4 oz Steamed Alfred ow tith broccoli with Tofu zoz Cheese Pizza Carrots (coddlers) Steamed Paes and Carrots 4 oz Steamed Alfred ow tith broccoli with Tofu zoz Cheese Pizza Cottage Cheese 2 oz Steamed Alfred ow tith broccoli with Tofu zoz Cheese Pizza Cottage Cheese Pizza 3 oz Soz <t< td=""><td></td><td>Turkey Sausage Gravy</td><td>2 Ounce American Cheese Slice</td><td>2 ounce Scambled Eggs 2 Ounce Whole Wheat bagel</td><td>Muffin Sandwich Style</td><td>Grain Biscuit</td></t<>		Turkey Sausage Gravy	2 Ounce American Cheese Slice	2 ounce Scambled Eggs 2 Ounce Whole Wheat bagel	Muffin Sandwich Style	Grain Biscuit
Image: Constraint of the constra			Croissant 1 each	Ketchup		_
Milk 1%, 8floz       LUNCH - MEAT     Cheeseburger on a Whole Wheat Bun 1 each     Smoky White Bean and Spinach Soup Goz Bread Stick 1each     Beef Tacos with Whole Grain Torilla 4 oz Sthedded Cheese 1 oz. Fresh Tomato Salsa 1 oz.     Lightened Alfredo with broccoli 3 oz. Diced Chicken 2 oz.     Cheese Pizza 3 oz. Cottage Cheese 2 oz       Baked French Fries 4 oz     Fresh Garden Salad 4 oz     Steamed Peas and Carrots 4 oz.     Green Beans 4 oz     Cucumbers and Carrots with Ranach 4 oz.       FRUIT/VEGETABLE     Fresh Cheorydew 4 oz.     Fresh Garden Salad 4 oz.     Mandarian Oranges 4 oz.     Bannana 1 each     Fresh Pineapple 4 oz.     A oz.     Cucumbers and Carrots with Ranach 4 oz.       Vegetarian     Veggie Burger on a Whole Wheat Bun 4 oz.     Fresh Green Peas (Toddiers) 4 oz.     Mandarian Oranges 4 oz.     Bannana 1 each     Fresh Pineapple 4 oz.     A oz.       WEEK THREE SNACK     Refried Beans 2 oz     Milk 1%, 8floz       WEEK THREE SNACK     Refried Beans 2 oz     1 each     Fresh Cubed Checker 5 oz Goldfish Crackers 2 oz Goldfish Crackers 2 oz Goldfish Crackers 2 oz     Silced Checkir Cheese	FRUIT/VEGETABLE			-	-	-
LUNCH - MEATCheeseburger on a Whole Wheat Bun 1 eachSmoky White Bean and Spinach Soup 6oz Bread Stick 1 eachBeef Tacos with Whole Grain A dozLightened Alfredo with broccoli 3 oz Diced Chicken 2 oz.Cheese Pizza 3 oz.1 each1 eachSmoky White Bean and Spinach Soup 6oz Bread Stick 1 eachBeef Tacos with Whole Grain A dozLightened Alfredo with broccoli 3 oz.Cheese Pizza 3 oz.1 each1 eachFresh Garden Salad 4 oz Ketchup 1 oz.Fresh Garden Salad 4 ozSteamed Peas and Carrots 4 oz.Green Beans 4 oz.Cucumbers and Carrots with Ranach 4 oz.FRUITIVEGETABLEFresh Cubed Honeydew 4 oz.Fresh Green Peas (Toddiers) 4 oz.Mandarian Oranges 4 oz.Bannana 4 oz.Fresh Pineapple 4 oz.VegetarianVeggie Burger on a Whole Wheat Bun 4 oz.Cinnamon Applesauce 4 oz.Milk 1%, 8flozMilk 1%, 8flozMilk 1%, 8flozMilk 1%, 8flozWEEK THREE SNACKRefried Beans 4 oz.Hard Boiled Egg 1 each Goldfish Crackers 2 oz Goldfish Crackers 2 oz Goldfish Crackers 2 oz Goldfish Crackers 2 ozFresh Cubed Cantaloupe 3 oz.Dill Diping Sauce 2 ournees A oz.Slicod Chedder Cheese 2 ournees 2 ourneesWEEK THREE SNACKRefried Beans 3 oz.Hard Boiled Egg 1 each Goldfish Crackers 2 oz Goldfish Crackers 2 oz Goldfish Crackers 2 oz Goldfish Crackers 2 ozFresh Cubed Cantaloupe 3 oz.Dill Diping Sauce 2 ournees 2 ournees 2 ournees 2 ournees 3 ournees 3 ournees 3 ourneesSliced Cheddar Cheese 2 ournees 2 oures 2 ourne	Vegetarian				Beyond Sausage Patty	
Wheat Bun 1 eachSpinach Soup 6oz Bread Stick 1eachTorilla 4 oz Bread Stick 1eachDirocoli 3 oz, Stredded Chesse 1 oz, Fresh Tomato SalsaDirocoli 3 oz, Diced Chicken 2 oz, Diced Chicken 2 oz, Diced Chicken 2 oz,3 oz, Cottage Cheese 2 oz, Cottage Cheese 2 oz, Diced Chicken 2 oz, Diced Chicken 2 oz, Stredded Chesse 1 oz, Fresh Tomato Salsa3 oz, Soz, Cottage Cheese 2 oz, Diced Chicken 2 oz, User 2 oz, Stredded Cheese 1 oz, Fresh Tomato Salsa3 oz, Soz, Cottage Cheese 2 oz, Diced Chicken 2 oz, User 2 oz, Stredded Cheese 1 oz, Fresh Tomato Salsa3 oz, Soz, Cotumbers and Carrots With Ranach 4 oz, Steamed Carrots (toddlers) 4 oz, Steamed Carrots (toddlers) 4 oz, Corm 4 oz, Corm 4 oz,Steamed Peas and Carrots 4 oz, Cinnamon Applesauce 4 oz, 4 oz,Cucumbers and Carrots 4 oz, 4 oz, 4 oz, 4 oz, 4 oz, 4 oz, 4 oz,Vegetarian Vegetarian Wheat Bun 4 oz,Vegie Burger on a Whole Wheat Bun 4 oz,Three Bean Taco with Whole Grain Torilla 4 oz,Lightened Alfredo with broccoli with Tofu 2 ozCheese Pizza 3 oz, Cottage Cheese 2 ozWEEK THREE SNACKRefried Beans 2 oz Tortilla Chip 4 each Red Seeless Grapes 3 oz,Milk 1%,8flozMilk 1%,8flozMilk 1%,8flozMilk 1%,8flozWEEK THREE SNACKRefried Beans 2 oz Tortilla Chip 4 each Red Seeless Grapes 3 oz,Hard Boiled Egg 1 each Goldfish Crackers 2 oz Goldfish Crackers 2 oz Cottage Cheese Fat Free, 20 Crackers Cheeze its 1.7ozDill Dipping Sauce Apple Slices 1 apple Club Crackers 2 oz Crackers Cheeze its 1.7oz <td></td> <td>Milk 1%, 8floz</td>		Milk 1%, 8floz	Milk 1%, 8floz	Milk 1%, 8floz	Milk 1%, 8floz	Milk 1%, 8floz
4 oz Ketchup 1 oz4 oz Ranch Dresing 	LUNCH - MEAT	Wheat Bun	Spinach Soup 6oz	Torilla 4 oz Refried Beans 1 oz. Shredded Cheese 1 oz. Fresh Tomato Salsa	broccoli 3 oz	3 oz.
4 oz.   4 oz.   4 oz.   1 each   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.     Milk 1%, 8floz     WEEK THREE SNACK   Refried Beans 2 oz Tortilla Chip 4 each Red Seedless Grapes 3 oz   1 each   4 oz.   1 each		4 oz Ketchup	4 oz Ranch Dresing			with Ranach 4oz.
Wheat Bun 4 oz.Wheat Bun 4 oz.Grain Torilla 4 oz.broccoli with Tofu 2oz3 oz. Cottage Cheese 2ozMilk 1%, 8flozMilk 1%, 8flozMilk 1%, 8flozMilk 1%, 8flozMilk 1%, 8flozMilk 1%, 8flozWEEK THREE SNACKRefried Beans 2 oz Tortilla Chip 4 each Red Seedless Grapes 3 ozHard Boiled Egg Peach Slices1 each Peach SlicesFresh Cubed Cantaloupe 3 oz.Dill Dipping Sauce 2 ouncesSliced Cheddar Cheese 2 oz Cottage Cheese Fat Free, 2oz Crackers Cheeze its 1.7ozSliced Cheddar Cheese 2 ouncesWeek Beedless Grapes 3 oz3 oz.Cottage Cheese Fat Free, 2oz Crackers Cheeze its 1.7ozDill Dipping Sauce 2 ouncesSliced Cheddar Cheese 2 oz Crackers Cheeze its 1.7ozWeek Beedless Grapes 3 oz3 oz.Cottage Cheese Fat Free, 2oz Crackers Cheeze its 1.7ozOuncesWatermelon Cubed 0 unces3 oz.Crackers Cheeze its 1.7ozWatermelon Cubed 3 ounces	FRUIT/VEGETABLE	4 oz. <b>Corn</b>	4 oz. Cinnamon Applesauce	-		
WEEK THREE   Refried Beans   Hard Boiled Egg   1 each   Fresh Cubed Cantaloupe   Dill Dipping Sauce   Sliced Cheddar Cheese     SNACK   2 oz   Peach Slices   3 oz   3 oz.   2 ounces   2 oz   Crackers Cheeze its 1.7oz     Tortilla Chip   Goldfish Crackers 2oz   Goldfish Crackers 2oz   Cottage Cheese Fat Free, 2oz   Apple Slices 1 apple   Crackers Cheeze its 1.7oz     Red Seedless Grapes   3oz   3oz   Image: Contract is the contract i	Vegetarian	Wheat Bun		Grain Torilla	broccoli	3 oz.
SNACK   2 oz   Peach Slices   3 oz   3 oz.   2 ounces   2 oz     Tortilla Chip   4 each   Goldfish Crackers 2oz   Cottage Cheese Fat Free, 2oz   Apple Slices 1 apple   Crackers Cheeze its 1.7oz     Red Seedless Grapes   3oz   1		Milk 1%, 8floz	Milk 1%, 8floz	Milk 1%, 8floz	Milk 1%, 8floz	Milk 1%, 8floz
This institution is an equal oportunity provider and employer		2 oz Tortilla Chip 4 each Red Seedless Grapes	Peach Slices 3 oz	3 oz. Cottage Cheese Fat Free, 2oz	2 ounces Apple Slices 1 apple	2 oz Crackers Cheeze its 1.7oz Watermelon Cubed 3
			This institution is an equal o	oportunity provider and employ	ver	

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 Sausuage Links 1 each		
FRUIT/VEGETABLE	Fresh Blueberries 4 oz.	Cubed Cantalope 4 oz.	Applesauce 4 oz.	Red Seedles Grapes 4 oz.	<b>Banana</b> 1each		
Vegetarian	402.	Egg and Cheese Burrito 4 oz.	4 02.	+ UL.	Scrambled Eggs 1 oz.		
	Milk 1%, 8floz	Milk 1%, 8floz	Milk 1%, 8floz	Milk 1%, 8floz	Milk 1%, 8floz		
LUNCH - MEAT	Thai Curry Stew 4oz with Jasmine Rice 2oz	Sloppy Joe 3oz with Whole Wheat Bun 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 Vegggies 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%, 8floz	Milk 1%, 8floz	Milk 1%, 8floz	Milk 1%, 8floz	Milk 1%, 8floz		
WEEK FOUR SNACK	Hard Boiled Egg 1 each Dried Apricots 2oz Water 4oz	String Cheese 2 ounce Wheat Thins 2 oz Water 4floz	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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