



Week of: April 9th–April 13th

Kids 1-3 years old

Menu is subject to change upon availability of produce.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	<ul style="list-style-type: none"> Oatmeal 	<ul style="list-style-type: none"> Cornstarch 	<ul style="list-style-type: none"> Mazamorra 	<ul style="list-style-type: none"> Cream of Wheat 	<ul style="list-style-type: none"> Cream of Corn Meal
SNACK	<ul style="list-style-type: none"> 4onz Seasonal Fresh Fruits Milk 	<ul style="list-style-type: none"> 4onz Seasonal Fresh Fruits Milk 	<ul style="list-style-type: none"> 4onz Seasonal Fresh Fruits Milk 	<ul style="list-style-type: none"> 4onz Seasonal Fresh Fruits Milk 	<ul style="list-style-type: none"> 4onz Seasonal Fresh Fruits Milk
LUNCH	<ul style="list-style-type: none"> Oven Chicken Nuggets White Rice Small Red Beans 	<ul style="list-style-type: none"> Small Boneless BBQ Ribs Roasted Potato 	<ul style="list-style-type: none"> Fish Sticks Rice & Beans 	<ul style="list-style-type: none"> Rotini Pasta w\Vegetables and Chicken in Garlic Sauce Garlic Bread 	<ul style="list-style-type: none"> Ham & Cheese Quesadillas Rice w\Onions

Carbs (rice, potato, pasta etc.) portion consists of 1/3 cup cooked
 Beans or vegetables portion consists of 1/3 cup cooked
 Protein is 3onz raw which becomes 2onz cooked=1/4 cup cooked

Carbohidratos (arroz, papa, pasta etc.) debe ser una porción de 1/3 taza ya cocido
 Granos y Vegetales debe ser una porción de 1/3 taza ya cocida
 Proteína es 3onz. crudas que se convierte en 2 onz= 1/4 taza cocida