



Week of: May 14th to May 18th

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"> • Cream of Corn Meal 	<ul style="list-style-type: none"> • Cream of Coconut Cornstarch 	<ul style="list-style-type: none"> • Mazamorra 	<ul style="list-style-type: none"> • Cream of Wheat 	<ul style="list-style-type: none"> • Oatmeal
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"> • Chicken Tenderloins w\Apple Sausage • Stewed Rice w\Bacon & White Beans 	<ul style="list-style-type: none"> • Oven Roasted Pork • Mashed Root Vegetable (Majada de Viandas) 	<ul style="list-style-type: none"> • Minced Meat (Picadillo de Carne) • White Rice • Sweet Plantain 	<ul style="list-style-type: none"> • Elbow pasta w\Chicken Thighs & Vegetables in a Cheese & Tomato Sauce 	<ul style="list-style-type: none"> • Beef Casserole (Pastelón de Arroz c\Carne, zanahorias y petit pois)

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