



Week of: May 28th to June 1st

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"> Holiday 	Fun Day! Remember Early Dismissal 11:00 am	<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"> 	Sandwiches (Chicken & Spread) Fresh Fruits	<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"> 	Brownies Ritz\Cheese Chocolate Chip Co Fruit Punch Lemonade	<ul style="list-style-type: none"> Stewed Rice w\Sausage Small Red Beans w\Pumpkin 	<ul style="list-style-type: none"> Ham & Cheese Quesadilla Rice w\Carrots & Peas 	<ul style="list-style-type: none"> Chicken Tenderloins Oven Baked Potato Fries

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