

## Spring Menu Week 1 – (3/25/24 – 6/10/24)

Provider/Program: Expressive Beginnings-Webster **Dietician Approved** - Originals on file in main office

Milk - Age 1-2: **Whole Milk** / Age 2+: **1% Milk** / Allergen Substitute – Oat Milk **(Contains Oats)**

### COLOR LEGEND

**Red** = Dairy / **Yellow** =Eggs / **Green** = Pork / **Purple** = Beef / **Blue** = Various Allergens (Inc. Fish/Shellfish, Citrus, Juice, Peas, or Oats)

Meal Pattern	Marvel Monday	Toon Tuesday	Wednesday Café	Italian Thursday	Favorites Friday
<b>Breakfast:</b> - Assorted Cold Cereals - Fruit or 100% Juice - Grain or Oat Item - Milk / Milk Substitute	<b>BLACK PANTHER'S</b>  Blueberry Muffin (Baked Egg / Dairy)  Mixed Berry "Smoothie" (Contains Cow's Milk)  Cow's Milk / Oat Milk	<b>BABY SHARK DAY</b>  Fresh Fruit Salad (Citrus)  Granola (Oats)  Cow's Milk / Oat Milk	Cow's Milk / Oat Milk	Belgian Waffle (Baked Egg / Baked Dairy)  Cow's Milk / Oat Milk	Cow's Milk / Oat Milk
<b>Lunch:</b> - Protein - Vegetable - Fruit - Grain - Dairy / Dairy Substitute	<b>IRON MAN'S</b>  Mac and Cheese (Baked Dairy)  Fresh Fruit Salad (Citrus)  Cow's Milk / Oat Milk	<b>MOMMY SHARK'S</b>  Tuna Noodle Casserole with Goldfish Topping (Straight Egg / Baked Dairy, Tuna Fish and Peas)  Gup-Peas  Pineapple (Citrus)  Cow's Milk / Oat Milk	Beef Bologna  American Cheese (Straight Dairy)  Cow's Milk / Oat Milk	Cheese Ravioli (Baked Egg / Dairy)  Cow's Milk / Oat Milk	Ranch Dressing (Straight Egg / Dairy)  Cow's Milk / Oat Milk
<b>Afternoon Snack:</b>  Two Components:  Dairy, Fruit or 100% Juice, Vegetable, Grain or Oat Item, Cheese, Cracker, Protein, Dessert  Water (or Milk)	<b>HAWKEYE'S</b>  Bowstrings & Arrows String Cheese (Straight Dairy)	<b>BABY SHARK'S</b>  Cow's Milk / Oat Milk	Queso (Straight Dairy)	<b>DEMONSTRATION</b>  Granola (Oats)	Cheddar Cheese Cubes/Cuts (Straight Dairy)

## Spring Menu Week 2 – (3/25/24 – 6/10/24)

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Milk - Age 1-2: **Whole Milk** / Age 2+: **1% Milk** / Allergen Substitute – Oat Milk **(Contains Oats)**

### COLOR LEGEND

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Meal Pattern	Marvel Monday	Toon Tuesday	Wednesday Café	Italian Thursday	Favorites Friday
<b>Breakfast:</b> - Assorted Cold Cereals - Fruit or 100% Juice - Grain or Oat Item - Milk / Milk Substitute	<b>THANOS'</b>  <b>Infinity Stone Fresh Fruit Salad Pineapple (Citrus) Granola (Oats)</b>  Cow's Milk / Oat Milk	<b>BLUEY DAY</b>  Buttermilk Biscuits (Baked Dairy)  Cow's Milk / Oat Milk	<b>YOGURT BAR</b>  Greek Vanilla Yogurt (Straight Dairy)  Cow's Milk / Oat Milk	Plain Pancake (Baked Egg / Dairy)  100% White Grape (Juice)  Cow's Milk / Oat Milk	Cow's Milk / Oat Milk
<b>Lunch:</b> - Protein - Vegetable - Fruit - Grain - Dairy / Dairy Substitute	<b>HULK'S</b>  Beef Meatloaf Patty  Hulk-Smashed Potatoes (Straight Dairy)  Cow's Milk / Oat Milk	<b>CHILP'S</b>  Beef / Pork Bean Chili  American Cheese (Straight Dairy)  Cow's Milk / Oat Milk	American Cheese (Straight Dairy)  Ranch Dressing (Straight Egg / Dairy)  Cow's Milk / Oat Milk	Beef/Pork Italian Meatballs (Baked Dairy)  Cow's Milk / Oat Milk	Cheese Quesadilla (Straight Dairy)  Sour Cream (Straight Dairy)  Rio Fruit Salad (Citrus)  Cow's Milk / Oat Milk
<b>Afternoon Snack:</b>  Two Components:  Dairy, Fruit or 100% Juice, Vegetable, Grain or Oat Item, Cheese, Cracker, Protein, Dessert  Water (or Milk)	<b>ANT MAN'S</b>	<b>BANDIT'S</b>  Blueberry Muffin (Baked Egg / Dairy)  Cow's Milk / Oat Milk		<b>DEMONSTRATION</b>  Trail Mix Buffet Granola (Oats)	<b>MR. DARRIEN'S</b>

### Spring Menu Week 3 – (3/25/24 – 6/10/24)

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#### COLOR LEGEND

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Meal Pattern	Marvel Monday	Toon Tuesday	Wednesday Café	Italian Thursday	Favorites Friday
<b>Breakfast:</b> - Assorted Cold Cereals - Fruit or 100% Juice - Grain or Oat Item - Milk / Milk Substitute	<b>SPIDERMAN DAY</b>  Strawberry “Smoothie” (Contains Cow’s Milk)  Cow’s Milk / Oat Milk	<b>SKYE’S &amp; ZUMA’S</b>  100% Orange (Juice)  Cow’s Milk / Oat Milk	Buttermilk Biscuits (Baked Dairy)  Cow’s Milk / Oat Milk	Belgian Waffle (Baked Egg / Baked Dairy)  Cow’s Milk / Oat Milk	Fresh Fruit Salad (Citrus)  Granola (Oats)  Cow’s Milk / Oat Milk
<b>Lunch:</b> - Protein - Vegetable - Fruit - Grain - Dairy / Dairy Substitute	<b>MAKE-YOUR-OWN SPIDERMAN MASK</b>  Mozzarella Cheese (Straight Dairy)  Cow’s Milk / Oat Milk	<b>CHASE’S &amp; MARSHALL’S</b>  Ranch Dressing (Straight Egg / Dairy)  Cow’s Milk / Oat Milk	Grilled Cheese Sandwich on Sourdough (Straight Dairy)  Fresh Fruit Salad (Citrus)  Cow’s Milk / Oat Milk	<b>MR. DARRIEN’S</b>  Beef Mac and Cheese Lasagna (Straight Dairy)  Cow’s Milk / Oat Milk	<b>LUNCHABLE DAY</b>  Beef Bologna  American Cheese (Straight Dairy)  Cow’s Milk / Oat Milk
<b>Afternoon Snack:</b>  Two Components:  Dairy, Fruit or 100% Juice, Vegetable, Grain or Oat Item, Cheese, Cracker, Protein, Dessert  Water (or Milk)	<b>SPIDEY’S WEB</b>  String Cheese (Straight Dairy)	<b>PAW PATROL DAY</b>	Queso (Straight Dairy)	<b>DEMONSTRATION</b>  Yo-nana Splits Greek Vanilla Yogurt (Straight Dairy)	

## Spring Menu Week 4 – (3/25/24 – 6/10/24)

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### COLOR LEGEND

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Meal Pattern	Marvel Monday	Toon Tuesday	Wednesday Café	Italian Thursday	Favorites Friday
<b>Breakfast:</b> - Assorted Cold Cereals - Fruit or 100% Juice - Grain or Oat Item - Milk / Milk Substitute	<b>CAP'S SHIELD</b>  Homestyle Waffle (Baked Egg / Dairy)  Cow's Milk / Oat Milk	<b>Boots the Monkey's</b>  Banana Oat Muffin (Baked Egg / Dairy)  100% Orange (Juice)  Cow's Milk / Oat Milk	<b>Yogurt Bar</b>  Greek Vanilla Yogurt (Straight Dairy)  Cow's Milk / Oat Milk	Plain Pancake (Baked Egg / Dairy)  100% White Grape (Juice)  Cow's Milk / Oat Milk	Granola (Oats)  Cow's Milk / Oat Milk
<b>Lunch:</b> - Protein - Vegetable - Fruit - Grain - Dairy / Dairy Substitute	<b>CAPTAIN AMERICA DAY</b>  Beef All-American Burger  American Cheese (Straight Dairy)  Cow's Milk / Oat Milk	<b>DORA THE EXPLORER DAY</b>  Shredded Cheese (Straight Dairy)  Sour Cream (Straight Dairy)  Cow's Milk / Oat Milk	Ham (Pork) Sandwich  American Cheese (Straight Dairy)  Cow's Milk / Oat Milk	<b>SALVATORES PIZZERIA'S</b>  Cheese Pizza (Baked Dairy)  Fresh Italian Salad Mozzarella (Straight Dairy)  Ranch Dressing (Straight Egg / Dairy)  Cow's Milk / Oat Milk	Japanese Veggie Rice (Peas)  Yum Yum Sauce (Straight Egg)  Fresh Sugar Snap (Peas)  Cow's Milk / Oat Milk
<b>Afternoon Snack:</b>  Two Components:  Dairy, Fruit or 100% Juice, Vegetable, Grain or Oat Item, Cheese, Cracker, Protein, Dessert  Water (or Milk)	<b>PEGGY CARTER'S</b>	<b>SWIPER THE FOX'S</b>  Apple Churro (Baked Egg / Dairy)	Cow's Milk / Oat Milk	<b>DEMONSTRATION</b>	Caramel Rice Cakes (Baked Dairy)

## **All Dairy Items (Spring 2024)**

(\*\*Optional Element)

American Cheese\*\*  
Banana Oat Muffin  
Beef/Pork Italian Meatballs  
Belgian Waffles  
Blueberry Muffin  
Buttermilk Biscuit  
Caramel Rice Cakes\*\*  
Cheese\*\*  
Cheese Pizza  
Cheese Quesadilla  
Cheese Ravioli  
Cheddar Cheese Cubes / Colby-Jack Cheese Cuts  
Fresh Italian Salad with Mozzarella\*\*  
Greek Vanilla Yogurt  
Grilled Cheese Sandwich on Sourdough  
Homestyle Waffle  
Hulk-Smashed Potatoes  
Mac and Cheese  
Mac and Cheese Lasagna  
Milk (Whole and 1%)  
Mixed Berry “Smoothie” (Cow’s Milk)  
Mozzarella Cheese\*\*  
Plain Pancake  
Queso  
Ranch Dressing\*\*  
Shredded Cheese\*\*  
Sour Cream\*\*  
Strawberry “Smoothie” (Cow’s Milk)  
String Cheese  
Tuna Noodle Casserole with Goldfish Topping  
Yo-nana Split

## **All Straight Egg Items (Spring 2024)**

(\*Baked Egg Items / \*\*Optional Element)

Apple Churro\*  
Banana Oat Muffin\*  
Belgian Waffle\*  
Blueberry Muffin\*  
Cheese Ravioli\*  
Homestyle Waffle\*  
Plain Pancake\*  
Ranch Dressing\*\*  
Tuna Noodle Casserole with Goldfish Topping  
Yum Yum Sauce\*\*

### **All Beef and Pork Items (Spring 2024)**

(\*\*Optional Element)

All-American Burger  
Beef Bologna (Lunchable)  
Beef Bologna Sandwich  
Beef/Pork Bean Chili  
Beef/Pork Italian Meatballs  
Ham Sandwich  
Mac and Cheese Lasagna with Beef  
Meatloaf Patty

### **All Citrus Items (Spring 2024)**

(\*\*Optional Citrus Item)

100% Orange Juice  
Fresh Fruit Salad  
Infinity Stone Fresh Fruit Salad with Pineapple  
Pineapple  
Rio Fruit Salad  
“Shark Fins” (Pineapple)

### **All Restricted Items for Vegetarian Diet (Spring 2024)**

(\*\*Optional Meat items)

All-American Burger  
Beef Bologna (Lunchables)\*\*  
Beef Bologna Sandwich\*\*  
Beef/Pork Bean Chili\*\*  
Beef/Pork Italian Meatballs  
Chicken Rice Soup with Mirepoix  
Chicken Nuggets  
Chili Cheese Dogs with Turkey Hot Dog  
“Coney Island” Sausage Croissant  
Ground Turkey Tacos\*\*  
Ham Sandwich  
Japanese Veggie Rice with Chicken  
Mac and Cheese Lasagna with Beef  
Meatloaf Patty  
Tuna Noodle Casserole with Goldfish Topping  
Turkey Club\*\*  
Turkey Hot Dog  
Turkey Sausage Croissant  
Yellow Rice\*\* (Contains Chicken)

### **All Oat Items (Spring 2024)**

(\*\*Optional Oat Item)

Applesauce Parfait with Granola\*\*  
Assorted Cold Cereal (Multi-Grain O's)  
Granola  
Oat Milk  
Trail Mix Buffet with Granola\*\*

### **All Pea Items (Spring 2024)**

Fresh Sugar Snap Peas  
Gup-peas  
Japanese Veggie Rice  
Tuna Noodle Casserole with Goldfish Topping

### **All Fish/Shellfish Items (Spring 2024)**

Tuna Noodle Casserole with Goldfish Topping

### **All Items for Juice Restricted Diets (Spring 2024)**

100% Orange Juice  
100% White Grape Juice

### **All Items for Canned Food Restricted Diets (Spring 2024)**

(\*\*Optional Canned Food Item)

Beef/Pork Bean Chili\*\*  
Black Beans\*\*  
Black Olives  
Gup-peas  
Infinity Stone Fresh Fruit Salad\*\*  
Pears  
Peaches  
Pineapple