

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
Breakfast: - Assorted Cold Cereals - Fruit or 100% Juice - Grain or Oat Item - Milk / Milk Substitute	BLACK PANTHER'S Blueberry Muffin Mixed Berry "Smoothie" Milk	BABY SHARK DAY Fresh Fruit Salad Granola Milk	French Toast Sticks with Maple Syrup Fresh Berries Milk	Belgian Waffle with Sun Butter Bananas Milk	Turkey Sausage Croissant with Mustard Peaches Milk
Lunch: - Protein - Vegetable - Fruit - Grain - Dairy / Dairy Substitute	IRON MAN'S Turkey Hot Dog on Whole Wheat Bun with Ketchup / Mustard Mac and Cheese Fresh Fruit Salad Milk	MOMMY SHARK'S Tuna Noodle Casserole with Goldfish Topping Gup-Peas "Shark Fins" (Pineapple) Milk	Beef Bologna Sandwich on Whole Wheat Bread with American Cheese Steamed or Raw Carrot Sticks Bananas Milk	Cheese Ravioli with Red Sauce Steamed Fresh Broccoli Pears Milk	Chicken Nuggets with Ranch Dressing Pasta Salad with Italian Dressing Green or Red Apple Slices Milk
Afternoon Snack: Two Components: Dairy, Fruit or 100% Juice, Vegetable, Grain or Oat Item, Cheese, Cracker, Protein, Dessert Water (or Milk)	HAWKEYE'S Bowstrings & Arrows (String Cheese with Pretzel Sticks or Ritz Crackers) Water	BABY SHARK'S Goldfish Grahams or Graham Crackers Milk	Soft Pretzel with Queso Water	DEMONSTRATION Applesauce Parfaits with Granola, Craisins or Bananas Water	Cheddar Cheese Cubes/Cuts Ritz Crackers Water

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

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Meal Pattern	Marvel Monday	Toon Tuesday	Wednesday Café	Italian Thursday	Favorites Friday
Breakfast: - Assorted Cold Cereals - Fruit or 100% Juice - Grain or Oat Item - Milk / Milk Substitute	THANOS' Infinity Stone Fresh Fruit Salad (Melons, Blueberries, Cherries, Pineapple , Strawberries) Granola Milk	BLUEY DAY Buttermilk Biscuit with Fresh “Bluey-Berry” Topping Milk	YOGURT BAR Greek Vanilla Yogurt with Fresh Berries Milk	Plain Pancake with Maple Syrup 100% White Grape Juice Milk	Apple Turnover Pears Milk
Lunch: - Protein - Vegetable - Fruit - Grain - Dairy / Dairy Substitute	HULK'S Meatloaf Patty with Red Sauce and Dinner Roll Steamed Fresh Broccoli Hulk-Smashed Potatoes Milk	CHILP'S Chili Cheese Dog Turkey Hot Dog on Whole Wheat Bun with Beef/Pork Bean Chili and American Cheese Peaches Milk	Turkey Club on Whole Wheat Bread with Turkey Bacon and American Cheese Organic Salad with Cherry Tomatoes and Italian / Ranch Dressing Mangoes Milk	Beef/Pork Italian Meatballs with Mushrooms and Red Sauce Garlic Breadsticks Bananas Milk	Cheese Quesadilla with Salsa / Sour Cream Yellow Rice with Black Beans Rio Fruit Salad Milk
Afternoon Snack: Two Components: Dairy , Fruit or 100% Juice , Vegetable, Grain or Oat Item, Cheese , Cracker, Protein, Dessert Water (or Milk)	ANT MAN'S Ant's-on-a Leaf (Green Apples with Sun Butter and Craisins) Water	BANDIT'S Blueberry Muffin Milk	Cinnamon Bug Bites or Graham Crackers Applesauce Water	DEMONSTRATION Trail Mix Buffet (Chex Cereal with Granola , Marshmallows and Craisins) Water	MR. DARRIEN'S Fresh Fruit Salsa (Apples, Strawberries and Kiwi) Wheat Thins Water

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
Breakfast: - Assorted Cold Cereals - Fruit or 100% Juice - Grain or Oat Item - Milk / Milk Substitute	SPIDERMAN DAY “Coney Island” (Turkey Sausage Croissant with Onions and Mustard) Strawberry “Smoothie” Milk	SKYE’S & ZUMA’S French Toast Sticks with Maple Syrup 100% Orange Juice Milk	Buttermilk Biscuit with Sun Butter Banana Milk	Belgian Waffle with Fresh Strawberry Topping Milk	Fresh Fruit Salad Granola Milk
Lunch: - Protein - Vegetable - Fruit - Grain - Dairy / Dairy Substitute	MAKE-YOUR-OWN SPIDERMAN MASK (Plain Mini Bagels, Red Sauce, Mozzarella Cheese and Black Olives) SPIN’S Fresh Strawberry Salad Milk	CHASE’S & MARSHALL’S Chicken Nuggets with Ranch Dressing Tater Tots with Ketchup Peaches Milk	Grilled Cheese Sandwich on Sourdough Chicken Rice Soup with Mirepoix Fresh Fruit Salad Milk	MR. DARRIEN’S Mac and Cheese Lasagna with Beef and Red Sauce Garlic Steamed Fresh Green Beans Pears Milk	LUNCHABLE DAY (Beef Bologna, American Cheese and Ritz Crackers) Steamed or Raw Carrot Sticks Applesauce Milk
Afternoon Snack: Two Components: Dairy, Fruit or 100% Juice, Vegetable, Grain or Oat Item, Cheese, Cracker, Protein, Dessert Water (or Milk)	SPIDEY’S WEB String Cheese “Big Apple” (Red Apple Slices) Water	PAW PATROL DAY Cinnamon Bones / Graham Crackers Applesauce Water	Soft Pretzel Bites with Queso Water	DEMONSTRATION Yo-nana Split (Bananas, Greek Vanilla Yogurt and Cherries) Water	Red or Green Apple Slices Sun Butter Water

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

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Meal Pattern	Marvel Monday	Toon Tuesday	Wednesday Café	Italian Thursday	Favorites Friday
Breakfast: - Assorted Cold Cereals - Fruit or 100% Juice - Grain or Oat Item - Milk / Milk Substitute	CAP'S SHIELD Homestyle Waffle with Fresh Mixed Berry Topping Milk	Boots the Monkey's Banana Oat Muffin 100% Orange Juice Milk	Yogurt Bar Greek Vanilla Yogurt Fresh Berries Milk	Plain Pancake with Maple Syrup 100% White Grape Juice Milk	Apple Turnover Granola Milk
Lunch: - Protein - Vegetable - Fruit - Grain - Dairy / Dairy Substitute	CAPTAIN AMERICA DAY All-American Burger on Whole Wheat Bun with American Cheese and Ketchup / Mustard Pickle Spear Applesauce Milk	DORA THE EXPLORER DAY Ground Turkey Tacos on Mini Tortillas with Cheese, Sour Cream, Lettuce and Salsa Basmati Rice Mangoes Milk	Ham Sandwich on Whole Wheat Bread with American Cheese Tater Tots with Ketchup Peaches Milk	SALVATORE'S PIZZERIA'S Cheese Pizza Fresh Italian Salad (Tomato, Cucumber and Mozzarella with Italian / with Ranch Dressing) Bananas Milk	Japanese Veggie Rice with Chicken and Yum Yum Sauce Fresh Sugar Snap Peas Pears Milk
Afternoon Snack: Two Components: Dairy, Fruit or 100% Juice, Vegetable, Grain or Oat Item, Cheese, Cracker, Protein, Dessert Water (or Milk)	PEGGY CARTER'S Cinnamon Bug Bites or Graham Crackers Fresh Watermelon Slice Water	SWIPER THE FOX'S Apple Churro Bananas Water	Goldfish Grahams or Graham Crackers Milk	DEMONSTRATION Minecraft Tool Crafting (Pretzel Sticks or Ritz Crackers with Sun Butter and Marshmallows) Water	Caramel or Plain Rice Cakes Applesauce Water