

Trinity Learning Center Menu

March, April, May

Spring Menu: Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Calendar Date:	_____	_____	_____	_____	_____
BREAKFAST (Children Ages 1-2: 1/2 cup of whole milk ; Children Ages 2-5: 3/4 cup of 1% milk)					
Serving Sizes: Children Ages 1-2 Fruit: 1/4 cup; Bread: 1/2 oz			Serving Sizes: Children 3-5 Fruit: 1/2 cup; Bread: 1/2 oz		
Fruit	Mixed Fruit	Diced Apples	Yogurt	Mandarin Oranges	Banana
Bread/ Bread Alternate	Bagel	Biscuit	Toast	Cheese Grits	Cereal
Additional Food	Cream Cheese	Gravy	Cheese or Jelly		
LUNCH (Children Ages 1-2: 1/2 cup of whole milk ; Children Ages 2-5: 3/4 cup of 1% milk)					
Serving Sizes: Children Ages 1-2 Meat: 1oz; Vegetables: 1/8 cup; Fruit: 1/8 cup; Bread: 1/2 oz			Serving Sizes: Children 3-5 Meat: 1 1/2oz; Vegetables: 1/4 cup; Fruit: 1/4 cup; Bread: 1/2 oz		
Main Dish	Mac and Cheese	Cheeseburger	Spring Salad w/ Grilled Chicken	Mexican Pizza	Tuna Melt
Meat/Meat Alternate	Cheese	Beef	Grilled Chicken	Beef	Tuna
Vegetable	Sweet Peas	Oven Fries	Romaine Lettuce	Refried Beans	Tater Tots
Fruit	Sliced Apples	Fruit Cocktail	Strawberries, Blueberries, Mandarin Oranges	Orange Slices	Apple Slices
Bread/ Bread Alternate	Macaroni	Whole Wheat Roll	Croissant Roll	Tortilla	Whole Wheat Toast
SNACK (Water served with snack)					
Serving Sizes: Children Ages 1-5 1/2 oz each			Serving Size: Children Ages 6-12 1 oz each		
Full Day	Goldfish	Veggie Straws	Vanilla Pudding	Chocolate Chip Cookies	Cheez Its
After School	Popcorn	Chex Mix	Chips	Chocolate Chip Cookies	Cheez Its

Spring Menu: Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Calendar Date:	_____	_____	_____	_____	_____
BREAKFAST (Children Ages 1-2: 1/2 cup of whole milk ; Children Ages 2-5: 3/4 cup of 1% milk)					
Serving Sizes: Children Ages 1-2 Fruit: 1/4 cup; Bread: 1/2 oz			Serving Sizes: Children 3-5 Fruit: 1/2 cup; Bread: 1/2 oz		
Fruit	Mixed Fruit	Diced Apples	Yogurt	Mandarin Oranges	Banana
Bread/ Bread Alternate	Bagel	Biscuit	Toast	Cheese Grits	Cereal
Additional Food	Cream Cheese	Gravy	Cheese or Jelly		
LUNCH (Children Ages 1-2: 1/2 cup of whole milk ; Children Ages 2-5: 3/4 cup of 1% milk)					
Serving Sizes: Children Ages 1-2 Meat: 1oz; Vegetables: 1/8 cup; Fruit: 1/8 cup; Bread: 1/2 oz			Serving Sizes: Children 3-5 Meat: 1 1/2oz; Vegetables: 1/4 cup; Fruit: 1/4 cup; Bread: 1/2 oz		
Main Dish	Quesadilla	Meatloaf	Chicken Nuggets	Spaghetti	Grilled Cheese
Meat/Meat Alternate	Bean/Cheese	Beef	Chicken	Beef	Cheese
Vegetable	Black Beans	Green Peas/ Mashed Potatoes	Oven Fries	Green Beans	Carrots & Ranch
Fruit	Fruit Cocktail	Pears	Grapes	Peaches	Orange Slices
Bread/ Bread Alternate	Tortilla	Biscuit	Whole Wheat Roll	Garlic Bread	Whole Wheat Toast
SNACK (Water served with snack)					
Serving Sizes: Children Ages 1-5 1/2 oz each			Serving Size: Children Ages 6-12 1 oz each		
Component 1	Goldfish	Veggie Straws	Vanilla Pudding	Chocolate Chip Cookies	Cheez Its
Component 2	Popcorn	Chex Mix	Chips	Chocolate Chip Cookies	Cheez Its

Trinity Learning Center Menu

Spring Menu: Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Calendar Date:	_____	_____	_____	_____	_____
BREAKFAST (Children Ages 1-2: 1/2 cup of whole milk ; Children Ages 2-5: 3/4 cup of 1% milk)					
Serving Sizes: Children Ages 1-2 Fruit: 1/4 cup; Bread: 1/2 oz			Serving Sizes: Children 3-5 Fruit: 1/2 cup; Bread: 1/2 oz		
Fruit	Mixed Fruit	Diced Apples	Yogurt	Mandarin Oranges	Banana
Bread/ Bread Alternate	Bagel	Biscuit	Toast	Cheese Grits	Cereal
Additional Food	Cream Cheese	Gravy	Cheese or Jelly		
LUNCH (Children Ages 1-2: 1/2 cup of whole milk ; Children Ages 2-5: 3/4 cup of 1% milk)					
Serving Sizes: Children Ages 1-2 Meat: 1oz; Vegetables: 1/8 cup; Fruit: 1/8 cup; Bread: 1/2 oz			Serving Sizes: Children 3-5 Meat: 1 1/2oz; Vegetables: 1/4 cup; Fruit: 1/4 cup; Bread: 1/2 oz		
Main Dish	Tuna Patties	Beef Stroganoff	BBQ Chicken Sliders	Chicken Wrap	Cheese Pizza
Meat/Meat Alternate	Tuna	Beef	Chicken	Chicken Wrap	Cheese
Vegetable	Peas & Carrots	Green Beans	Baked Beans	Carrot/Lettuce	Broccoli & Ranch
Fruit	Apple Slices	Peaches	Peaches	Applesauce	Orange Slices
Bread/ Bread Alternate	Biscuit	Egg Noodles	Whole Wheat Roll	Tortillas	Pita Bread
SNACK (Water served with snack)					
Serving Sizes: Children Ages 1-5 1/2 oz each			Serving Size: Children Ages 6-12 1 oz each		
Component 1	Goldfish	Veggie Straws	Vanilla Pudding	Chocolate Chip Cookies	Cheez Its
Component 2	Popcorn	Chex Mix	Chips	Chocolate Chip Cookies	Cheez Its

Spring Menu: Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Calendar Date:	_____	_____	_____	_____	_____
BREAKFAST (Children Ages 1-2: 1/2 cup of whole milk ; Children Ages 2-5: 3/4 cup of 1% milk)					
Serving Sizes: Children Ages 1-2 Fruit: 1/4 cup; Bread: 1/2 oz			Serving Sizes: Children 3-5 Fruit: 1/2 cup; Bread: 1/2 oz		
Fruit	Mixed Fruit	Diced Apples	Yogurt	Mandarin Oranges	Banana
Bread/ Bread Alternate	Bagel	Biscuit	Toast	Cheese Grits	Cereal
Additional Food	Cream Cheese	Gravy	Cheese or Jelly		
LUNCH (Children Ages 1-2: 1/2 cup of whole milk ; Children Ages 2-5: 3/4 cup of 1% milk)					
Serving Sizes: Children Ages 1-2 Meat: 1oz; Vegetables: 1/8 cup; Fruit: 1/8 cup; Bread: 1/2 oz			Serving Sizes: Children 3-5 Meat: 1 1/2oz; Vegetables: 1/4 cup; Fruit: 1/4 cup; Bread: 1/2 oz		
Main Dish	Baked Ziti	Sloppy Joes	Breakfast Cassrole	Chicken & Rice	Grilled Ham & Cheese Sandwich
Meat/Meat Alternate	Cheese	Beef	Eggs	Chicken	Ham
Vegetable	Broccoli	Oven Fries	Spinach	Green Beans	Cucumbers & Ranch
Fruit	Grapes	Peaches	Stawberries	Apple Slices	Fruit Cocktail
Bread/ Bread Alternate	Garlic Bread	Whole Wheat Roll	Biscuit	Rice	Whole Wheat Toast
SNACK (Water served with snack)					
Serving Sizes: Children Ages 1-5 1/2 oz each			Serving Size: Children Ages 6-12 1 oz each		
Component 1	Goldfish	Veggie Straws	Vanilla Pudding	Chocolate Chip Cookies	Cheez Its
Component 2	Popcorn	Chex Mix	Chips	Chocolate Chip Cookies	Cheez Its