

March 2020

Inspire Center for Learning - Breakfast & Snack



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>WG Corn Chex Orange Slices* Milk</p> <hr/> <p>WW Soft Pretzel Rods^^ Marinara Sauce Milk</p>	<p>3</p> <p>WG Blueberry Muffin Applesauce Milk</p> <hr/> <p>WG Snickerdoodle Mix Banana Slices Water</p>	<p>4</p> <p>WG Bagel** Cream Cheese & Grape Jelly Mandairn Oragnes Milk</p> <hr/> <p>WG Goldfish & Oyster Cracker Garlic Mix Apple Juice</p>	<p>5</p> <p>EW Pancakes Lite Maple Syrup Pineapple Tidbits Milk</p> <hr/> <p>WW Bread with Cinnamon & Sugar Milk</p>	<p>6</p> <p>WG Life Cereal Diced Peaches Milk</p> <hr/> <p>EW Pretzel Sticks Colby Jack Cheese Cubes Water</p>
<p>9</p> <p>WG Cheerios Diced Pears Milk</p> <hr/> <p>WG Wrap Apple Slices^ Vanilla Yogurt</p>	<p>10</p> <p>EW French Toast Sticks Lite Maple Syrup Pineapple Tidbits Milk</p> <hr/> <p>WG Goldfish Trail Mix^^ Milk</p>	<p>11</p> <p>EW Pancakes Lite Maple Syrup Banana Slices Milk</p> <hr/> <p>EW Graham Crackers Pumpkin Milk</p>	<p>12</p> <p>EW Buttermilk Biscuit Grape Jelly Orange Slices* Milk</p> <hr/> <p>WG Wrap String Cheese Marinara Sauce & Water</p>	<p>13</p> <p>WG Corn Chex Diced Peaches Milk</p> <hr/> <p>Enriched Vanilla Muffin Milk</p>
<p>16</p> <p>WG Low Sugar Maple & Brown Sugar Oatmeal Mandarin Oranges Milk</p> <hr/> <p>WG Snickerdoodle Mix Vanilla Yogurt Milk</p>	<p>17</p> <p>WG Blueberry Muffin Banana Slices Milk</p> <hr/> <p>WW Soft Pretzel Rods^^ Cheese Sauce Milk</p>	<p>18</p> <p>WG Life Cereal Diced Peaches Milk</p> <hr/> <p>WW Bread with Cinnamon & Sugar Milk</p>	<p>19</p> <p>WG Bagel** Cream Cheese & Grape Jelly Diced Pears Milk</p> <hr/> <p>WG Goldfish & Oyster Cracker Garlic Mix Apple Juice</p>	<p>20</p> <p>WG Cheerios Pineapple Tidbits Milk</p> <hr/> <p>EW Pretzel Sticks Colby Jack Cheese Cubes Water</p>
<p>23</p> <p>WG Rice Chex Diced Peaches Milk</p> <hr/> <p>EW Graham Crackers Cinnamon Cream Cheese Apple Slices^ Water</p>	<p>24</p> <p>EW French Toast Sticks Lite Maple Syrup Applesauce Milk</p> <hr/> <p>Multi Grain Crackers Cheese Slices Water</p>	<p>25</p> <p>WG Cheerios Pineapple Tidbits Milk</p> <hr/> <p>Enriched Pumpkin Muffin Milk</p>	<p>26</p> <p>WG Low Sugar Maple & Brown Sugar Oatmeal Orange Slices* Milk</p> <hr/> <p>WG Wrap String Cheese Picante Sauce & Water</p>	<p>27</p> <p>EW Buttermilk Biscuit Grape Jelly Banana Slices Milk</p> <hr/> <p>WG Goldfish Trail Mix^^ Milk</p>
<p>30</p> <p>WG Corn Chex Orange Slices* Milk</p> <hr/> <p>WW Soft Pretzel Rods^^ Marinara Sauce Milk</p>	<p>31</p> <p>WG Blueberry Muffin Applesauce Milk</p> <hr/> <p>WG Snickerdoodle Mix Banana Slices Water</p>			

News

WG = Whole Grain

WW = Whole Wheat

EW = Enriched Wheat

For our early eaters and toddlers (under 24 months):

The food is cut into smaller pieces.

* Early Eaters - Peeled & Diced

** Early Eaters - WG Cheerios

^ Early Eaters - Pealed, Diced & Cooked

Toddlers - Cooked

^^ Early Eaters - WG Wrap

^^ PS & SA - includes raisins

USDA Meal Pattern Requirements

Breakfast

	Age 1 - 2	Age 3 - 5	Age 6 - 12
Milk - Fluid	1/2 cup	3/4 cup	1 cup
Vegetable, Fruit or Both	1/4 cup	1/2 cup	1/2 cup
Grain	1/2 oz eg*	1/2 oz eg*	1 oz eg*

* = meat and meat alternate may be used to substitute the entire grain component for a maximum of three times per week. oz. eg = ounce equivalent

Snack

	Age 1 - 2	Age 3 - 5	Age 6 - 12
Milk - Fluid	1/2 cup	1/2 cup	1 cup
Meat/Alternate	1/2 oz	1/2 oz	1 oz
Vegetable	1/2 cup	1/2 cup	3/4 cup
Fruit	1/2 cup	1/2 cup	3/4 cup
Grain	1/2 slice	1/2 slice	1 slice

Select 2 of the 5 components for snack

March 2020

Inspire Center for Learning - Lunch



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Grilled Cheese on WW Bread Cheese Slice Green Beans Pineapple Tidbits Milk C.A.</p>	<p>3</p> <p>Beef Patty Cheese Slice WW Flat Round Sweet Potato Straws Mixed Fruit Milk</p>	<p>4</p> <p>WG Cheese Pizza Baby Carrots** Ranch Dressing Apple Slices^ Vanilla Yogurt Milk</p>	<p>5</p> <p>Grilled Chicken Bites WG Wrap Shredded Lettuce Salad with Baby Spinach, Diced Tomato and Shredded Carrots^^ Ranch & French Dressings Diced Pears Milk C.A.</p>	<p>6</p> <p>Vegetable Sausage Patty EW French Toast Cooked Baby Carrots*** Lite Maple Syrup Mandarin Oranges Milk</p>
<p>9</p> <p>Turkey Slices WW Flat Bread Baby Carrots** Ranch Dip Pineapple Tidbits Milk C.A.</p>	<p>10</p> <p>WG Macaroni & Cheese Green Beans Banana Slices Vanilla Yogurt Milk</p>	<p>11</p> <p>Chicken Burrito Bowl with Brown Rice Shredded Cheese & Picante Diced Tomatoes Shredded Lettuce* Black Beans, Ranch Dressing Applesauce Milk</p>	<p>12</p> <p>Meatballs with Gravy Wheat Bread Mashed Potatoes Diced Peaches Milk C.A.</p>	<p>13</p> <p>Grilled Cheese on WW Bread Cheese Slice Tomato Soup Diced Pears Milk</p>
<p>16</p> <p>WG Cheese Bosco Stick with String Cheese Cooked Baby Carrots*** Diced Peaches Milk</p>	<p>17</p> <p>Meatball in Spaghetti Sauce WG Flat Bread Green Beans Applesauce Milk C.A.</p>	<p>18</p> <p>Chicken & Chicken Noodle Soup Multi Grain Crackers Peas Mixed Fruit with Diced Bananas Milk</p>	<p>19</p> <p>Beef Patty WG Flat Round Broccoli with Shredded Cheese Pineapple Tidbits Milk C.A.</p>	<p>20</p> <p>WG Cheese Pizza Shredded Lettuce Salad with Baby Spinach, Diced Tomato and Shredded Carrots* Ranch & French Dressings Apple Slices^ Vanilla Yogurt Milk</p>
<p>23</p> <p>Chicken Pot Pie with EW Buttermilk Biscuits Peas Diced Pears Milk C.A.</p>	<p>24</p> <p>Turkey Patty WW Flat Bread Shredded Potato & Cheese Casserole Pineapple Tidbits Milk C.A.</p>	<p>25</p> <p>WG Macaroni & Cheese Mixed Vegetables Apple Slices^ Vanilla Yogurt Milk lk</p>	<p>26</p> <p>BBQ Chicken WG Wrap Broccoli Mixed Fruit with Diced Bananas Milk C.A.</p>	<p>27</p> <p>WG Cheese Bosco Stick with String Cheese Tomato Soup Diced Peaches Milk</p>
<p>30</p> <p>Grilled Cheese on WW Bread Cheese Slice Green Beans Pineapple Tidbits Milk C.A.</p>	<p>31</p> <p>Beef Patty Cheese Slice WW Flat Round Sweet Potato Straws Mixed Fruit Milk</p>			

News

WG = Whole Grain
WW = Whole Wheat
EW = Enriched Wheat
C.A. = Child Assembled

**For our early eaters and toddlers (under 24 months):
The food is cut into smaller pieces.**

- * Early Eaters & Toddlers - Mixed Vegetables
- ^ Early Eaters - Peeled, Diced & Cooked to Soften
Toddlers - Cooked to Soften
- ** Early Eaters - Cooked & Diced
Toddlers - Cooked
- ^^ Early Eaters - Peas
- *** Early Eaters - Diced

USDA Meal Pattern Requirements

Lunch

	Age 1 - 2	Age 3 - 5	Age 6 - 12
Milk - Fluid	1/2 cup	3/4 cup	1 cup
Meat/Alternate	1 oz	1 1/2 oz	2 oz
Vegetable	1/8 cup	1/4 cup	1/2 cup
Fruit	1/8 cup	1/4 cup	1/4 cup
Grain	1/2 oz eg*	1/2 oz eg*	1 oz eg*

* = oz eg = ounce equivalents