LEP Menu

Week 1

							4/1/2021		4/2/2021	
BREAKFAST										
Comp. 1							granola bar	1	yogurt	1/4c
Comp. 2							OJ	40z	granola	2tbsp
Comp. 3							milk	6oz	juice	4oz
Misc.										
AM SNACK										
Comp. 1							cheese	1	grahams	2squ
Comp. 2							crackers	6	applesauce	1/4c
Misc										
LUNCH							**Spaghetti**		**Lunchable**	
Protein							red sauce	2oz	ham/cheese	2oz
Carb							pasta	1/4c	crackers	6
Vegetable							salad	1/4c	carrots	1/4c
Fruit							grapes	1/4c	banana	1/2
Misc							3&apples			
Milk							milk	6oz	milk	6oz
PM SNACK										
Comp. 1							cinnamon bread	1	pretzels	1/4c
Comp. 2							juice	4oz	banana	1/2
Misc										

LEP Menu

Week 2

	Child Care 4/5/2021		Child Care 4/6/2021		Child Care 4/7/2021		Child Care 4/8/2021		4/9/2021	
BREAKFAST										
Comp. 1	pastry bar	1	cinnamon bread	1	cereal	1/4 c	yogurt	1/4c	NO SCHOOL	
Comp. 2	juice	1/2	orange juice	1/4 c	banana	1/2	belVita bar	1		
Comp. 3	milk	6oz	milk	6 oz	milk	6 oz	juice	4 oz		
Misc.										
AM SNACK										
Comp. 1	veggie straws	1/2c	pudding cup	1	cheese stick	1	raisin bread	1		
Comp. 2	juice	4oz	vanilla wafers	4	wheat thins	10	milk	6oz		
Misc					water					
LUNCH	**Mac & Cheese**		**Pizza**		**Chicken Nuggets**		**Cheese Ravioli**			
Protein	cheese	2 oz	pepperoni cheese	2 oz	chicken	2 oz	cheese	2oz		
Carb	pasta	1/4c	crust	1	roll	1	pasta	1/4c		
Vegetable	broccoli	1/4 c	green beans	1/4 c	carrots	1/4c	salad	1/4 c		
Fruit	clementine	1	banana	1/4c	pears	1/4c	apples	1/2		
Misc					ranch	2 T				
Milk	milk	6 oz	milk	6 oz	milk	6 oz	milk	6 oz		
PM SNACK										
Comp. 1	animal crackers	10	pretzels	1/4c	popcorn	1/4c	golfish	1/4c		
Comp. 2	juice	4oz	mandarine	1	juice	4oz	juice	4oz		
Misc										

LEP Menu

Week 3

	4/12/2021		4/13/2021		4/14/2021		4/15/2021		4/16/2021	
BREAKFAST										
Comp. 1	granola	1	fruit & grain bar	1	cereal	1/4c	raisin bread	1	mini bagel	1
Comp. 2	yogurt	1/4c	applesauce	1/4 c	banana	1/2	OJ	2T	cream cheese	2 T
Comp. 3	OJ	4oz	milk	6 oz	milk	6 oz	milk	6 oz	juice	4 oz
Misc.										
AM SNACK										
Comp. 1	cereal	1/4c	cheese cubes	1/4c	animal crackers	1/4c	carrots/celery	1/4c	yogurt	1/4 c
Comp. 2	milk	1/4c	grapes	1/4c	milk	6oz	ranch	2 tbsp	graham cracker	2sq
Misc			3&under apples							
LUNCH	**Fish Sticks**		**Sloppy Toms**		**Penne & Meat Sauce**		**Breakfast for Lunch**		**BBQ Pork**	
Protein	Fish Sticks	2	Gr. turkey	2 oz	gr. Beef	2oz	sausage	2 oz	pork	2 oz
Carb	roll	1	bun	1	penne	1/4c	French toast sticks	2	roll	1
Vegetable	green beans	1/4 c	broccoli	1/4 c	salad	1/4c			peppers	1/4c
Fruit	apple	1/4c	pears	1/4c	clementine	1	banana	1	grapes	1/4c
Misc	ketchup	2Tbsp					syrup		3&under banana	
Milk	milk	6 oz	milk	6 oz	milk	6 oz	milk	6 oz	milk	6 oz
PM SNACK										
Comp. 1	pudding cup	1/4c	pretzels	1/4c	veggie chips	1/4 c	goldfish	1/4c	tortilla chips	1/4c
Comp. 2	vanilla wafer	4	juice	4oz	juice	4 oz	juice	4 oz	salsa	2T
Misc										

LEP Menu

Week 4

	4/19/2021		4/20/2021		4/21/2021		4/22/2021		4/23/2021	
BREAKFAST										
Comp. 1	granola bar	1	mini muffin	4	cereal	1/4 c	raisin bread	1	yogurt	1/4c
Comp. 2	applesauce	1/4c	milk	6oz	banana	1/2	OJ	4 oz	belVita biscuit	1
Comp. 3	OJ	4oz	juice	4oz	milk	6 oz	milk	6 oz	OJ	4oz
Misc.										
AM SNACK										
Comp. 1	belVita biscuit	1	pretzels	1/4c	veggie chips	1/4 c	smores trail mix	1/4c	cheese slice	1
Comp. 2	milk	6oz	hummus	2T	juice	4oz	milk	6oz	ritz crackers	6
Misc										
LUNCH	**Chicken Fettuccini**		**Italian Sub**		**Sausage & Baked Beans**		**BBQ Meatballs**		**Chicken Tacos**	
Protein	chicken/cheese	2oz	pepperoni/ham	2oz	sausage	2 oz	meatballs	2 oz	chicken cheese	2oz
Carb	pasta	1/4c	bun	1/4c	roll	1	roll	1	tortilla	1
Vegetable	broccoli	1/4c	raw veggies	1/4c	baked beans	1/4c	green beans	1/4 c	corn	1/4c
Fruit	oranges	1/4c	banana	1/2	apples	1/4c	pears	4oz	pineapple	1/4c
Misc			ranch	1/4c						
Milk	milk	6oz	milk	6oz	milk	6 oz	milk	6 oz	milk	6oz
PM SNACK										
Comp. 1	cheese its	1/4c	fruit and grain bar	1	animal cracker	10	corn chips	1/4c	veggie straws	1/4c
Comp. 2	juice	4oz	clementine	1	applesauce	1/4c	juice	4oz	juice	4oz
Misc										

LEP Menu

Week 5

	4/26/2021		4/27/2021		4/28/2021		4/29/2021		4/30/2021	
BREAKFAST										
Comp. 1	bagel	1	fruit grain bar	1	cinnamon roll	1	belVita biscuit	1	mini muffin	4
Comp. 2	cream cheese	2T	OJ	4oz	OJ	4oz	applesauce	1/4c	milk	6oz
Comp. 3	juice	4oz	milk	6oz	milk	6oz	milk	6oz	juice	4oz
Misc.										
AM SNACK										
Comp. 1	goldfish	1/4c	cheesestick	1	pudding cup	1	raw veggies	1/4c	cereal	1/4c
Comp. 2	juice	4oz	wheat thins	8	grahams	2squ	hummus	2T	milk	6oz
Misc										
LUNCH	**Ham/Cheese**		**English Muffin Pizza**		**Mac & Cheese**		**Cheese Ravioli**		**Quesadilla**	
Protein	ham/cheese	2oz	pepperoni cheese	2oz	cheese	2oz	cheese	2oz	cheese	2oz
Carb	bread	1	muffin	1	macaroni	1/4c	pasta	1/4c	flour tortilla	1
Vegetable	cucumbers	1/4c	broccoli	1/4c	green beans	1/4c	salad	1/4 c	corn	1/4c
Fruit	mandarin orange	1	apple	1/4c	grapes	1/4c	apples	1/2	pineapple	1/4c
Misc	ranch	2T			3&under apples				salsa/sour cream	
Milk	milk	6oz	milk	6oz	milk	6oz	milk	6 oz	milk	6oz
PM SNACK										
Comp. 1	raisin bread	1/2	granola bar	1	pepperoni	1/4c	cheese its	1/4c	vanilla wafers	8
Comp. 2	applesauce	1/4c	juice	4oz	saltines	6	juice	4oz	banana	1/2
Misc										