



Watch Me Grow's Weekly Menu

For the Week of: April 1st - April 5th 2024

Meal	Components	Age 1-2	Age 3-5	Age 6-18	Meatless Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Fruit/ Vegetable	1/4 cup	1/2 cup	1/2 cup	Banana	Strawberries and Blueberries	Apple Sauce	Clementines	Hash Browns
	Grain/ Meat	1/2 oz eq	1/2 oz eq	1 oz eq	*Rice Krispies Cereal	French Toast Sticks	*Whole Grain Bagels w/ Cream Cheese	Buttermilk Waffles	Turkey Bacon
Lunch & Dinner	Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Garden Salad (Romain, Cucumber and Tomato)	Black & Red Beans	Broccoli	Spinach	Vegetarian Beans
	Fruit	1/8 cup	1/4 cup	1/4 cup	Apple Sauce	Mandarin Orange	Peaches	Apple Slices	Pineapple Chunks
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	*Whole Grain Pizza	*Brown Rice	Corn Bread	*Whole Wheat Spaghetti	*Whole Wheat Hot Dog Rolls
	Meat/ Meat Alternative	1 oz	1/2 oz eq	2 oz	w/2oz Mozzarella Cheese	Turkey Chili	Chicken Nuggets	w/ Turkey	100% beef Hot Dogs
Snack	Milk	1/2 cup	1/2 cup	1 cup					
	Fruit	1/2 cup	1/2 cup	3/4 cup	100% Juice Orange	100% Juice Apple	100% Juice Berry	100% Juice Grape	100% Juice Fruit Punch
	Vegetable	1/2 cup	1/2 cup	3/4 cup					
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	Rainbow Goldfish	White Cheddar Cheez Its	Ritz Cheese Bites	Pretzels	Baked Chips
	Meat/ Meat Alternative	1/2 oz	1/2 oz	1 oz					

*Meat and Meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.

*oz eq = ounce equivalents

*The fruit component at lunch may be substituted by a second vegetable.



Age 1 serve whole milk
Ages 2-18 serve 1% or fat-free



*At least one serving of grains per day must be whole grain-rich.



One 8 oz. glass of water per year of age until 8 years old.
8 yrs old + | 6-8 8 oz. glasses per day



Watch Me Grow's Weekly Menu

For the Week of: April 8th – April 12th 2024

Meal	Components	Age 1-2	Age 3-5	Age 6-18	Monday	Tuesday	Wednesday	Thursday	Friday	
Breakfast	Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Closed	Milk	Milk	
	Fruit/ Vegetable	1/4 cup	1/2 cup	1/2 cup	Banana	Grape Halves		Clementines	Apple Sauce	
	Grain/ Meat	1/2 oz eq	1/2 oz eq	1 oz eq	*Whole Grain Waffles	Corn Muffin	In	Pancakes	Buttermilk Biscuits	
Lunch & Dinner	Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk		Milk	Milk	
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Broccoli	Peas	Observation	Green Beans	Spinach	
	Fruit	1/8 cup	1/4 cup	1/4 cup	Grape Halves	Apple Sauce		Peaches	Pears	
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	Baked Macaroni	*Brown Rice	of	Yellow Rice	*WW Rotini Pasta	
	Meat/ Meat Alternative	1 oz	1/2 oz eq	2 oz	and Cheese	Beef Meatballs w/Gravy		Roasted Chicken Wings	Turkey Roni	
Snack	Milk	1/2 cup	1/2 cup	1 cup			Eid-al-Fitr			
	Fruit	1/2 cup	1/2 cup	3/4 cup	100% Juice Fruit Punch	100% Juice Grape		100% Juice Berry	100% Juice Orange	
	Vegetable	1/2 cup	1/2 cup	3/4 cup						
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	Cheddar Goldfish	Pretzels			*Whole Wheat Crakers & Cheese Sticks	Blueberry Muffins
	Meat/ Meat Alternative	1/2 oz	1/2 oz	1 oz						

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*The fruit component at lunch may be substituted by a second vegetable.



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Ages 2-18 serve 1% or fat-free



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Watch Me Grow's Weekly Menu

For the Week of: April 15th – April 19th 2024

Meal	Components	Age 1-2	Age 3-5	Age 6-18	Meatless Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Fruit/ Vegetable	1/4 cup	1/2 cup	1/2 cup	Banana	Strawberries and Blueberries	Apple Sauce	Clementines	Hash Browns
	Grain/ Meat	1/2 oz eq	1/2 oz eq	1 oz eq	*Rice Krispies Cereal	French Toast Sticks	*Whole Grain Bagels w/ Cream Cheese	Buttermilk Waffles	Turkey Bacon
Lunch & Dinner	Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Garden Salad (Romain, Cucumber and Tomato)	Black & Red Beans	Broccoli	Spinach	Vegetarian Beans
	Fruit	1/8 cup	1/4 cup	1/4 cup	Apple Sauce	Mandarin Orange	Peaches	Apple Slices	Pineapple Chunks
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	*Whole Grain Pizza	*Brown Rice	Corn Bread	*Whole Wheat Spaghetti	*Whole Wheat Hot Dog Rolls
	Meat/ Meat Alternative	1 oz	1/2 oz eq	2 oz	w/2oz Mozzarella Cheese	Turkey Chili	Chicken Nuggets	w/ Turkey	100% beef Hot Dogs
Snack	Milk	1/2 cup	1/2 cup	1 cup					
	Fruit	1/2 cup	1/2 cup	3/4 cup	100% Juice Orange	100% Juice Apple	100% Juice Berry	100% Juice Grape	100% Juice Fruit Punch
	Vegetable	1/2 cup	1/2 cup	3/4 cup					
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	Rainbow Goldfish	White Cheddar Cheez Its	Ritz Cheese Bites	Pretzels	Baked Chips
	Meat/ Meat Alternative	1/2 oz	1/2 oz	1 oz					

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Watch Me Grow's Weekly Menu

For the Week of: April 22nd - April 26th 2024

Meal	Components	Age 1-2	Age 3-5	Age 6-18	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Fruit/ Vegetable	1/4 cup	1/2 cup	1/2 cup	Banana	Grape Halves	Apple Sauce	Clementines	Apple Slices
	Grain/ Meat	1/2 oz eq	1/2 oz eq	1 oz eq	*Whole Grain Waffles	Corn Muffin	Buttermilk Biscuits	Pancakes	Tator Tots
Lunch & Dinner	Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Broccoli	Peas	Glazed Carrots	Green Beans	Spinach
	Fruit	1/8 cup	1/4 cup	1/4 cup	Grape Halves	Apple Sauce	Clementines	Peaches	Pears
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	Baked Macaroni	*Brown Rice	Wheat Bread	Yellow Rice	*WW Rotini Pasta
	Meat/ Meat Alternative	1 oz	1/2 oz eq	2 oz	and Cheese	Beef Meatballs w/Gravy	Turkey & Provolon	Roasted Chicken Wings	Turkey Roni
Snack	Milk	1/2 cup	1/2 cup	1 cup					
	Fruit	1/2 cup	1/2 cup	3/4 cup	100% Juice Fruit Punch	100% Juice Grape	100% Juice Orange	100% Juice Berry	100% Juice Fruit Punch
	Vegetable	1/2 cup	1/2 cup	3/4 cup					
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	Cheddar Goldfish	Pretzels	Blueberry Muffins	*Whole Wheat Crakers & Cheese Sticks	Ritz Cracker w/ Cheese Spread
	Meat/ Meat Alternative	1/2 oz	1/2 oz	1 oz					

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*The fruit component at lunch may be substituted by a second vegetable.



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