

# BREAKFAST MENU

## 1<sup>ST</sup> Week

### Wednesday

Wednesday's meals include the items listed below

<u>Entrees</u>	<u>Beverages</u>	<u>Fruit</u>
Pan Dulce	Milk	Grapes

### Thursday

Thursday's meals include the items listed below

<u>Entrees</u>	<u>Beverages</u>	<u>Fruit</u>
Banana Muffin	Milk (3)	Apples
Mini Bagel with Strawberry Cream Cheese Yogurt		Plum
Belly Bears		

### SLEEP RECOMMENDATIONS BY AGE

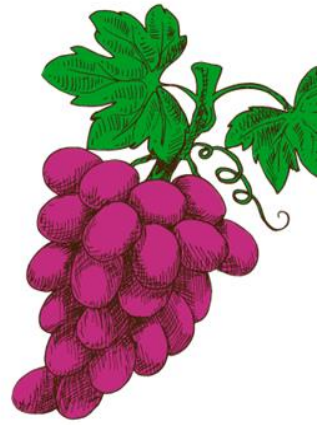
Infants 4-12 mo: 12-16 hours  
 Children 1-2: 11-14 hours  
 Children 3-5: 10-13 hours

Children 6-12: 6-12 hours  
 Teenagers 13-18: 8-10 hours  
 Source: American Academy of Pediatrics



This institution is an equal opportunity provider.  
 Menu is subject to change.





# LUNCH MENU

## 1<sup>ST</sup> Week

### Wednesday

*Wednesday's meals include the items listed below*

#### Entrees

Turkey & Cheese Sandwich  
w/Doritos  
Burrito Bowl

#### Fruit

Apple Slices  
Sour Cherry Lemon  
Sidekick

#### Veggies

Veggie Bag  
Jicama Sticks  
w/tajin

### Friday

*Friday's meals include the items listed below*

#### Entrees

Chicken Strips w/ roll  
Bean & Cheese Burrito  
Chicken Patty Sandwich

#### Fruit

Applesauce  
Diced Pears  
Strawberry Fruit Cup

#### Veggies

Baby Carrots  
Veggie Bag  
Corn

### IMMUNE-BOOSTING TIPS

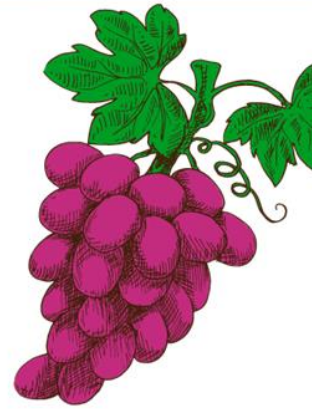
- Get 7-9 hours of sleep
- Drink at least 8 cups of water per day
- Eat lots of colorful fruits & vegetables
- Move your body - stretch, dance, walk
- Minimize added sugars
- Try something plant-based



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# BREAKFAST MENU

## 2<sup>nd</sup> Week

### Wednesday

Wednesday's meals include the items listed below

#### Entrees

Peanut Butter Cup  
Belly Bear Grahams  
Mini Pancakes

#### Beverages

Milk (2)

#### Fruit

Apple Slices  
Whole Apple

### Friday

Friday's meals include the items listed below

#### Entrees

Cereal  
Belly Bear Grahams  
Mini Cinnamon Rolls

#### Beverages

Milk (2)

#### Fruit

Plum  
Pear

### SLEEP RECOMMENDATIONS BY AGE

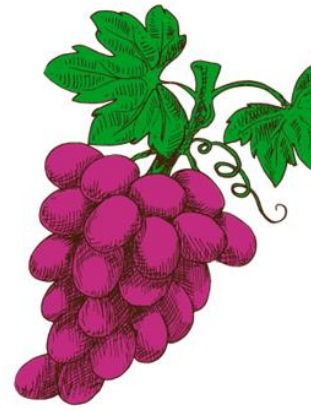
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# LUNCH MENU

## 2<sup>nd</sup> Week

### Wednesday

Wednesday's meals include the items listed below

#### Entrees

Beef Nachos  
Chicken Tamale

#### Fruit

Mixed Dried Fruit  
Diced Pears

#### Veggies

Jicama Sticks  
w/tajin  
Baby Carrots

### Friday

Friday's meals include the items listed below

#### Entrees

Chicken Drumstick  
w/ Mashed Potatoes  
& Biscuit  
Pepperoni Pizza

#### Fruit

Fruit Cup  
(Cantaloupe & Strawberry)  
Cherry Cup

#### Veggies

Veggie Bags  
(Broccoli, Celery, Baby Carrots)

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- Eat lots of colorful fruits & vegetables
- Move your body - stretch, dance, walk
- Minimize added sugars
- Try something plant-based



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