

Lil' Red Barn Academy- Sample Breakfast Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Beverage Fruit Grain/ Meat Alternative	Milk 3 Bananas WGR Oatmeal	Milk 4 Sliced Apples English Muffins	Milk 5 Strawberries WGR Cheerios	Milk 6 Pineapple WGR Bread Scrambled Eggs	Milk 7 Mixed Berries WGR Bread Sausage Gravy
Beverage Fruit Grain/ Meat Alternative	Milk 10 Oranges WGR Bagels W/ Cream Cheese	Milk 11 Sliced Apples Corn Flakes	Milk 12 Mixed Berries WGR Toast W/ Jelly	Milk 13 Bananas WGR Bread Scrambled Eggs	Milk 14 Pineapple WGR Bread Sausage Gravy
Beverage Fruit Grain/Meat Alternative	Milk 17 Applesauce English Muffins	Milk 18 Mixed Berries WGR Cheerios	Milk 19 Sliced Apples WGR Toast W/ Jelly	Milk 20 Oranges WGR Bread Scrambled Eggs	Milk 21 Bananas WGR Bread Sausage Gravy
Beverage Fruit Grain/ Meat Alternative	Milk 24 Oranges WGR Oatmeal	Milk 25 Strawberries WGR Bagels W/ Cream Cheese	Milk 26 Bananas Corn Flakes	Milk 27 Apple Sauce WGR Bread Scrambled Eggs	Milk 28 Sliced Apples WGR Bread Sausage Gravy
Beverage Fruit Grain/ Meat Alternative	Milk 31 Apple Sauce WGR Cheerios				

WGR= Whole Grain Rich

Fat Free Milk Served to All Children Over 2 Years

Whole Milk Served to Children 1-2 Years

***Homemade: to include recipe/quantity**

****CN label or product formulation statement**

Lil' Red Barn Academy- Sample Snack Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Beverage Fruit/Vegetable Grain Meat Alternative	Milk 3 Sliced Pears Ritz Crackers	Water 4 Oranges Pretzels	Milk 5 Sliced Apples WGR Wheat Thins	Water 6 Bananas Animal Crackers	Milk 7 Carrot Sticks Saltines
Beverage Fruit/Vegetable Grain Meat Alternative	Water 10 Mandarin Oranges WGR Wheat Thins	Milk 11 Low Fat Yogurt Graham Crackers	Water 12 Pineapple Pretzels	Milk 13 Sliced Pears Saltines Crackers	Water 14 Sliced Apples Ritz Crackers
Beverage Fruit/Vegetable Grain Meat Alternative	Milk 17 Banana Pretzels	Water 18 Strawberries Multigrain Chips Salsa (Opt.)	Milk 19 Carrot Sticks WGR Wheat Thins	Water 20 Mixed Berries Animal Crackers	Milk 21 Mandarin Oranges Ritz Crackers String Cheese
Beverage Fruit/Vegetable Grain Meat Alternative	Water 24 Sliced Peaches Saltine Crackers Peanut Butter (Opt.)	Milk 25 Sliced Apples Pretzels	Water 26 Oranges Ritz Crackers	Milk 27 Bananas Graham Crackers	Water 28 Strawberries WGR Wheat Thins
Beverage Fruit/Vegetable Grain Meat Alternative	Milk 31 Pineapple Saltine Crackers Sliced Cheese				

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Lil' Red Barn Academy- Sample Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Beverage	Milk 3	Milk 4	Milk 5	Milk 6	Milk 7
Fruit/Vegetable	Apple Sauce/Green Beans	Pineapple/Carrots	Oranges/Tomato Soup	Sliced Apples/Corn	Bananas/Tator Tots
Grain	Saltine Crackers	WGR Bread	WGR Bread	WGR Bread	WGR Chicken Nuggets**
Meat/Alternative	Turkey/Sliced Cheese	Hamburger	Sliced Cheese	Peanut Butter & Jelly	
		Tomato Paste, Cheese	½ Boiled Egg	½ String Cheese	
Beverage	Milk 10	Milk 11	Milk 12	Milk 13	Milk 14
Fruit/Vegetable	Diced Peaches/Carrots	Bananas/Carrots	Sliced Apples/Green Beans	Oranges/Corn	Mixed Berries/Tator Tots
Grain	WGR Noodles	WGR Bread	Ritz Crackers	WGR Bagels	WGR Hot Dog Bun
Meat/Alternative	Hamburger	Ham & Cheese	Chili W/ Beans	Turkey	Beef Hot Dog
	Spaghetti Sauce	Sandwich		Cream Cheese	
Beverage	Milk 17	Milk 18	Milk 19	Milk 20	Milk 21
Fruit/Vegetable	Pineapple/Refried Beans	Apple Sauce/Corn	Bananas/Green Beans	Sliced Apples/Carrots	Strawberries/Tator Tots
Grain	WGR Tortilla	Ritz Crackers	WGR Fish Sticks**	WGR Noodles	WGR Chicken Nuggets**
Meat/Alternative	Hamburger	Ham & Cheese		Chicken Breast	
	Shredded Cheese			Cr. Of Chicken Soup	
Beverage	Milk 24	Milk 25	Milk 26	Milk 27	Milk 28
Fruit/Vegetable	Sliced Apples/Corn	Mixed Berries/Green Beans	Sliced Apples/Corn	Diced Peaches/Carrots	Bananas/Tator Tots
Grain	WGR Rice	Ritz Crackers	WGR Noodles	WGR Bread	WGR Hot Dog Bun
Meat/Alternative	Chicken Breast	Tuna Fish	Mac & Cheese	Turkey & Cheese	Beef Hot Dog
	Cream of Chicken Soup	½ Pickle Spear	W/ Beef Hot Dogs		
Beverage	Milk 31				
Fruit/Vegetable	Oranges/Tator Tots				
Grain	WGR Rice				
Meat/Alternative	Hamburger				
	Cream of Mushroom Soup				

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