

Community Action Inc. of Central Texas **2023 - 2024 Spring Menu**
March 25-29, April 15-19, May 6-10

SPRING Regular Menu - Week 1					
	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Breakfast</p> <p>★ Grains (Meat / MA up to 3x / wk)</p> <p>★ Fruit and / or Vegetable</p> <p>★ Milk</p> <p><u>Whole</u> - 1 - 2 yrs <u>1%</u> - 2 yrs and older</p> <p>Must serve all 3 comp.</p>	<p>WG Biscuit (1)</p> <p>Scrambled Eggs (¼ c)</p> <p>Diced Peaches (EHS: ¼ c, HS: ½ c)</p> <p>Milk (½ - ¾ c)</p>	<p>WG Multigrain Cheerios (¾ c)</p> <p>Turkey Sausage (1)</p> <p>Banana (½)</p> <p>Milk (½ - ¾ c)</p>	<p>WG Maple Waffles (1)</p> <p>Fresh Oranges (EHS: ¼ c, HS: ½ c)</p> <p>Milk (½ - ¾ c)</p>	<p>WG Blueberry Muffin (1)</p> <p>Yogurt (¼ c)</p> <p>Diced Pears (EHS: ¼ c, HS: ½ c)</p> <p>Milk (½ - ¾ c)</p>	<p>Flour Tortilla (1)</p> <p>Egg & Potato (⅓ c)</p> <p>Pineapple Tidbits (EHS: ¼ c, HS: ½ c)</p> <p>Milk (½ - ¾ c)</p>
<p>Lunch</p> <p>★ Meat / MA</p> <p>★ Grains</p> <p>★ Vegetable</p> <p>★ Fruit</p> <p>★ Milk</p> <p><u>Whole</u> - 1 - 2 yrs <u>1%</u> - 2 yrs and older</p> <p>Must serve all 5 comp.</p>	<p>Chicken & Rice</p> <p>Diced Chicken (¼ c)</p> <p>White Rice (¼ c)</p> <p>Broccoli (¼ c)</p> <p>Blueberries (¼ c)</p> <p>Milk (½ - ¾ c)</p>	<p>Spaghetti</p> <p>Ground Beef and WG Spaghetti (½ c) with tomato sauce</p> <p>Green Beans (¼ c)</p> <p>Strawberries (¼ c)</p> <p>Milk (½ - ¾ c)</p>	<p>Ground Turkey Tacos</p> <p>Ground Turkey (¼ c) with Shredded Cheddar</p> <p>Flour Tortilla (1)</p> <p>Diced Tomato (¼ c)</p> <p>Avocado (kid's choice)</p> <p>Watermelon (¼ c)</p> <p>Milk (½ - ¾ c)</p>	<p>Salisbury Steak</p> <p>Salisbury Steak (1)</p> <p>WG Roll (1)</p> <p>Peas (¼ c)</p> <p>Mandarin Oranges (¼ c)</p> <p>Milk (½ - ¾ c)</p>	<p>Mozzarella Pizza Bites</p> <p>EHS: Pizza Bites (2)</p> <p>HS: Pizza Bites (3)</p> <p>Broccoli (¼ c)</p> <p>Mixed Fresh Fruit (¼ c)</p> <p>Milk (½ - ¾ c)</p>
<p>Snack</p> <p>★ Fruit</p> <p>★ Grains</p> <p>★ Meat/MA</p> <p>★ Vegetable</p> <p>★ Milk</p> <p>Must serve 2 comp.</p>	<p>WG Cinnamon Chex Cereal (¾ c)</p> <p>Milk (½ c)</p>	<p>WG Animal Crackers (1 package)</p> <p>Mixed Fruit Cup (½ c)</p>	<p>Club Crackers (2 packages)</p> <p>Bean Dip (1 package)</p>	<p>WG Goldfish Crackers (1 package)</p> <p>Applesauce (½ c)</p>	<p>Graham Crackers (1 package)</p> <p>Banana (½)</p>

Community Action Inc. of Central Texas **2023 - 2024 Spring Menu**
April 1-5, April 22-26, May 13-17

SPRING Regular Menu - Week 2					
	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Breakfast</p> <ul style="list-style-type: none"> ★ Grains (Meat / MA up to 3x / wk) ★ Fruit and / or Vegetable ★ Milk <p><u>Whole</u> - 1 - 2 yrs <u>1%</u> - 2 yrs and older</p> <p>Must serve all 3 comp.</p>	<p>Scrambled Eggs (¼ c)</p> <p>Hashbrown (1)</p> <p>Mandarin Oranges (EHS: ¼ c, HS: ½ c)</p> <p>Milk (½ - ¾ c)</p>	<p>WG Pancakes (1) with strawberry jam</p> <p>Diced Peaches (EHS: ¼ c, HS: ½ c)</p> <p>Milk (½ - ¾ c)</p>	<p>WG Cinnamon Chex Cereal (¾ c)</p> <p>Turkey Sausage (1)</p> <p>Banana (½)</p> <p>Milk (½ - ¾ c)</p>	<p>Cheese Omelet (1)</p> <p>Diced Peaches (EHS: ¼ c, HS: ½ c)</p> <p>Milk (½ - ¾ c)</p>	<p>WG Blueberry Muffin (1)</p> <p>Yogurt (¼ c)</p> <p>Diced Pears (EHS: ¼ c, HS: ½ c)</p> <p>Milk (½ - ¾ c)</p>
<p>Lunch</p> <ul style="list-style-type: none"> ★ Meat / MA ★ Grains ★ Vegetable ★ Fruit ★ Milk <p><u>Whole</u> - 1 - 2 yrs <u>1%</u> - 2 yrs and older</p> <p>Must serve all 5 comp.</p>	<p>Meatballs</p> <p>Meatballs (3) with gravy</p> <p>WG Roll (1)</p> <p>Mashed Potatoes (¼ c)</p> <p>Strawberries (¼ c)</p> <p>Milk (½ - ¾ c)</p>	<p>Lemon Chicken Pasta</p> <p>Diced Chicken (¼ c)</p> <p>WG Rotini Pasta (¼ c) with olive oil, lemon, and parmesan</p> <p>Broccoli (¼ c)</p> <p>Mandarin Oranges (¼ c)</p> <p>Milk (½ - ¾ c)</p>	<p>Beef & Rice</p> <p>Ground Beef (¼ c)</p> <p>White Rice (¼ c)</p> <p>Green Beans (¼ c)</p> <p>Pineapple Tidbits (¼ c)</p> <p>Milk (½ - ¾ c)</p>	<p>Chicken Noodle Soup</p> <p>Diced Chicken with Noodles and Carrots (1 cup)</p> <p>WG Saltine Crackers (4)</p> <p>Blueberries (¼ c)</p> <p>Milk (½ - ¾ c)</p>	<p>Refried Bean Tacos</p> <p>Refried Beans and Shredded Cheddar Cheese (⅓ c)</p> <p>Flour Tortilla (1)</p> <p>Diced Tomato (¼ c)</p> <p>Avocado (kid's choice)</p> <p>Mixed Fresh Fruit (¼ c)</p> <p>Milk (½ - ¾ c)</p>
<p>Snack</p> <ul style="list-style-type: none"> ★ Fruit ★ Grains ★ Meat/MA ★ Vegetable ★ Milk <p>Must serve 2 comp.</p>	<p>WG Animal Crackers (1 package)</p> <p>Yogurt Cup (¼ c)</p>	<p>Club Crackers (2 packages)</p> <p>Bean Dip (1 package)</p>	<p>WG Blueberry Muffin (1)</p> <p>Milk (½ c)</p>	<p>WG Goldfish (1 package)</p> <p>Mixed Fruit Cup (½ c)</p>	<p>Graham Crackers (1 package)</p> <p>Orange Slices (½ cup)</p>

Community Action Inc. of Central Texas **2023 - 2024 Spring Menu**
April 8-12, April 29-May3, May 20-24

SPRING Regular Menu - Week 3					
	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Breakfast</p> <ul style="list-style-type: none"> ★ Grains (Meat / MA up to 3x / wk) ★ Fruit and / or Vegetable ★ Milk <p><u>Whole</u> - 1 - 2 yrs <u>1½</u> - 2 yrs and older</p> <p>Must serve all 3 comp.</p>	<p>WG Biscuit (1)</p> <p>Scrambled Eggs (¼ c)</p> <p>Diced Peaches (EHS: ¼ c, HS: ½ c)</p> <p>Milk (½ - ¾ c)</p>	<p>Rice Krispies Cereal (¾ c)</p> <p>Turkey Sausage (1)</p> <p>Banana (½)</p> <p>Milk (½ - ¾ c)</p>	<p>WG French Toast Sticks (2) with syrup</p> <p>Fresh Oranges (EHS: ¼ c, HS: ½ c)</p> <p>Milk (½ - ¾ c)</p>	<p>Egg & Sausage Biscuit (1)</p> <p>Pineapple Tidbits (EHS: ¼ c, HS: ½ c)</p> <p>Milk (½ - ¾ c)</p>	<p>Blueberry Oatmeal (¼ c)</p> <p>Diced Pears (EHS: ¼ c, HS: ½ c)</p> <p>Milk (½ - ¾ c)</p>
<p>Lunch</p> <ul style="list-style-type: none"> ★ Meat / MA ★ Grains ★ Vegetable ★ Fruit ★ Milk <p><u>Whole</u> - 1 - 2 yrs <u>1½</u> - 2 yrs and older</p> <p>Must serve all 5 comp.</p>	<p>Orange Chicken</p> <p>Diced Chicken (¼ c) with orange sauce</p> <p>White Rice (¼ c)</p> <p>Peas and Carrots (¼ c)</p> <p>Pineapple Tidbits (¼ c)</p> <p>Milk (½ - ¾ c)</p>	<p>Pasta Bake</p> <p>WG Rotini Pasta with Mozzarella Cheese and Ground Turkey (½ c) with tomato sauce</p> <p>Green Beans (¼ c)</p> <p>Strawberries (¼ c)</p> <p>Milk (½ - ¾ c)</p>	<p>Cheeseburgers</p> <p>EHS: Ground Beef (¼ c) White Rice (¼ c)</p> <p>HS: Beef Patty with Cheddar Cheese on a WG Bun (½ sandwich)</p> <p>Ranch Style Beans (¼ c)</p> <p>Cantaloupe (¼ c)</p> <p>Milk (½ - ¾ c)</p>	<p>Enchilada Casserole</p> <p>Corn Tortillas layered with Ground Beef and cheddar cheese (½ c)</p> <p>Pinto Beans (¼ c)</p> <p>Avocado (kids choice)</p> <p>Blueberries (¼ c)</p> <p>Milk (½ - ¾ c)</p>	<p>Turkey and Cheese Rollups</p> <p>Flour Tortilla (1) with Sliced Turkey (2 slices) and Sliced Cheddar (1 slice) (1 rollup per child)</p> <p>Broccoli (¼ c)</p> <p>Mixed Fresh Fruit (¼ c)</p> <p>Milk (½ - ¾ c)</p>
<p>Snack</p> <ul style="list-style-type: none"> ★ Fruit ★ Grains ★ Meat/MA ★ Vegetable ★ Milk <p>Must serve 2 comp.</p>	<p>WG Animal Crackers (1 package)</p> <p>Orange Slices (½ c)</p>	<p>WG Blueberry Muffin (1)</p> <p>Milk (½ c)</p>	<p>WG Goldfish (1 package)</p> <p>Applesauce (½ c)</p>	<p>WG Graham Crackers (1 package)</p> <p>Peach Cup (½ c)</p>	<p>Club Crackers (2 packages)</p> <p>Cheddar Cheese (1 slice)</p>