

2024-25

Week #1 Menu

Breakfast/Lunch Provided by PUSD

Snack Provided by SCFO



Sierra Cascade Family Opportunities, Inc.
Early Childhood Development Programs

Week of: _____

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
- Cheerios - 1% unflavored Milk - Strawberries (extra) - Water	- Plain Yogurt - Apple Slices - Water	- Broccoli * - Carrots ** - Triscuit Crackers - Ranch Dressing (extra)	- Cottage Cheese - Peaches - Water	- Vitamin C. Fortified Applesauce * - Brown Rice Cakes WGR - Water

Snack Required Components: Two of the Five Components

Snack Component	Monday Food/ Serving	Tuesday Food/ Serving	Wednesday Food/ Serving	Thursday Food/ Serving	Friday Food/ Serving
Grain	Cheerios 1 oz eq OR (1 cup)		Triscuit crackers .4 oz eq (3 crackers)		Brown Rice Cakes WGR .5 oz eq
Meat/meat alternate (M/MA)		Plain Yogurt 2 oz (1/4 cup)		Cottage Cheese .5 oz	
Vegetable			Broccoli* Carrots** ½ cup total		
Fruit	Strawberries* (extra)	Apple Slices ½ cup		Canned Peaches in %100 fruit juice ½ cup	Vitamin C. Fortified Applesauce* ½ cup
Fluid Milk	1% Unflavored 4 oz or ½ cup				

(*Source of Vitamin C, ** Source of Vitamin A, *** Source of both Vitamin C&A, WGR – Whole Grain Rich)

Water is always available throughout the day.

This is an equal opportunity provider.

2024-25

Week #2 Menu

Breakfast/Lunch Provided by PUSD

Snack Provided by SCFO



Sierra Cascade Family Opportunities, Inc.
Early Childhood Development Programs

Week of: _____

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
- Raisin Bran Cereal - 1% unflavored Milk	- String Cheese - Grapes - Water	- Salad - Cucumber Slices - Wheat Thins - Water	- Mandarin Oranges * - Plain Yogurt - Water	- Triscuit Crackers - Pears - Water

Snack Required Components: Two of the Five Components

Snack Component	Monday Food/ Serving	Tuesday Food/ Serving	Wednesday Food/ Serving	Thursday Food/ Serving	Friday Food/ Serving
Grain	Raisin Bran Cereal 1 oz eq OR (1 cup)		Wheat Thins .4 oz eq (6 crackers)		Triscuit crackers .4 oz eq (3 crackers)
Meat/meat alternate (M/MA)		String Cheese 1 oz (1 stick)		Plain Yogurt 2 oz (1/4 cup)	
Vegetable			Romain Lettuce Cucumbers 1/2 cup total		
Fruit		Grapes ½ cup		Mandarin Oranges* ½ cup (1 whole fresh)	Canned pears in %100 fruit juice ½ cup
Fluid Milk	1% Unflavored 4 oz or ½ cup				

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2024-25

Week #3 Menu

Breakfast/Lunch Provided by PUSD

Snack Provided by SCFO



Sierra Cascade Family Opportunities, Inc.
Early Childhood Development Programs

Week of: _____

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
- Chex Cereal - Bananas - 1% Unflavored Milk	- String Cheese - Apple Slices - Water	- Broccoli * - Carrots ** - Triscuit Crackers - Ranch Dressing (extra)	- Plain Yogurt - Brown Rice Cakes WGR - Peaches (extra) - Water	- Ants on a Log (Celery, Raisins, and Peanut Butter)

Snack Required Components: Two of the Five Components

Snack Component	Monday Food/ Serving	Tuesday Food/ Serving	Wednesday Food/ Serving	Thursday Food/ Serving	Friday Food/ Serving
Grain	Chex Cereal 1 oz eq (1/3 cup)		Triscuit crackers .4 oz eq (3 crackers)	Lundberg Brown Rice Cakes WGR .5 oz	
Meat/meat alternate (M/MA)		String Cheese 1 oz (1 stick)		Plain Yogurt 2 oz (1/4 cup)	Peanut Butter .5 oz
Vegetable			Broccoli* Carrots** ¼ cup each		Celery ½ cup
Fruit	Bananas ½ cup	Apple Slices ½ cup		Canned peaches in %100 fruit juice (extra)	Raisins (extra)
Fluid Milk	1% Unflavored 4 oz or ½ cup				

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2024-25

Week #4 Menu

Breakfast/Lunch Provided by PUSD

Snack Provided by SCFO



Sierra Cascade Family Opportunities, Inc.
Early Childhood Development Programs

Week of: _____

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
- Raisin Bran Cereal - Bananas - 1% unflavored Milk	- Cantaloupe** - Wheat Thins - Water	- Pineapple * - Cottage Cheese - Water	- Triscuit Crackers - Vitamin C. Fortified Applesauce * - Water	- Plain Yogurt - Peaches - Water

Snack Required Components: Two of the Five Components

Snack Component	Monday Food/ Serving	Tuesday Food/ Serving	Wednesday Food/ Serving	Thursday Food/ Serving	Friday Food/ Serving
Grain	Raisin Bran Cereal 1 oz eq (1/2 cup)	Wheat Thins .4 oz eq (6 crackers)		Triscuit crackers .4 oz eq (3 crackers)	
Meat/meat alternate (M/MA)			Cottage Cheese .5 oz		Plain Yogurt 2 oz (1/4 cup)
Vegetable					
Fruit	Cantaloupe** ½ cup	Bananas ½ cup	Pineapple * ½ cup	Vitamin C. Fortified Applesauce* ½ cup	Canned Peaches in %100 fruit juice ½ cup
Fluid Milk		1% Unflavored 4 oz or ½ cup			

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