



Watch Me Grow's Weekly Menu

For the Week of: April 29, 2024 – May 3, 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	Bananas	Apple Sauce	Clementines	Grape Halves	Hash Browns
	Grain/ Meat	1/2 oz eq	1/2 oz eq	1 oz eq	*Whole Wheat Cheese Toast	Corn Muffins	* Whole Gran Waffles	French Toast	Turkey Sausage
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	Peas	Glazed Carrots	Green Beans	Broccoli	Mashed Potatoes
	Fruit	1/8 cup	1/4 cup	1/4 cup	Grape Halves	Apple Slices	Pears	Peaches	Apple Sauce
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	Baked Macaroni	Hawaiin Rolls	Corn Bread	* Whole Grain Spaghetti	*Brown Rice
	Meat/ Meat Alternative	1 oz	1/2 oz eq	2 oz	and Cheese	Fish Sticks	Chicken Nuggets	w/ Ground Turkey	Beef Meatballs w/ Gravy
Snack	Milk	1/2 cup	1/2 cup	1 cup					
	Fruit	1/2 cup	1/2 cup	3/4 cup	100% Juice Apple	100% Juice Fruit Punch	100% Juice Berry	100% Juice Orange	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	Ritz Crackers w/ Cheese Spread	*Whole Wheat Crackers w/ Cheese Sticks	White Cheddar Cheez Its	Blueberry Muffins	Cheddar Gold Fish
	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



For the Week of: May 6, 2024–May 10, 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	Apple Sauce	Banana	Apple Slices	Strawberries and Blueberries	Tator Tots
	Grain/ Meat	1/2 oz eq	1/2 oz eq	1 oz eq	Buttermilk Biscuits	Pancakes	* Whole Grain Bagels w/ Cream Cheese	Rice Krispies	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 (Romaine, Cucumber and Tomato)	Spinach	Broccoli	Black & Red Beans	Vegetarian Beans
	Fruit	1/8 cup	1/4 cup	1/4 cup	Pears	Peaches	Grape Halves	Apple Slices	Clementines
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	* Whole Wheat Pizza	*Whole Grain Penne	Yellow Rice	*Brown Rice	*Whole Wheat Hot Dog Rolls
	Meat/ Meat Alternative	1 oz	1/2 oz eq	2 oz	w/2oz Mozzarella Cheese	Turkey Roni	Roasted Chicken Wings	Turkey Chili	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 Berry	100% Juice Fruit Punch	100% Juice Apple	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	Cheez Its	Ritz Bits	Pretzels	Rainbow Goldfish	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



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For the Week of: May 13, 2024– May 17, 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	Bananas	Apple Sauce	Clementines	Grape Halves	Hash Browns
	Grain/ Meat	1/2 oz eq	1/2 oz eq	1 oz eq	*Whole Wheat Cheese Toast	Corn Muffins	* Whole Gran Waffles	French Toast	Turkey Sausage
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	Peas	Glazed Carrots	Green Beans	Broccoli	Mashed Potatoes
	Fruit	1/8 cup	1/4 cup	1/4 cup	Grape Halves	Apple Slices	Pears	Peaches	Apple Sauce
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	Baked Macaroni	Hawaiin Rolls	Corn Bread	* Whole Grain Spaghetti	*Brown Rice
	Meat/ Meat Alternative	1 oz	1/2 oz eq	2 oz	and Cheese	Fish Sticks	Chicken Nuggets	w/ Ground Turkey	Beef Meatballs w/ Gravy
Snack	Milk	1/2 cup	1/2 cup	1 cup					
	Fruit	1/2 cup	1/2 cup	3/4 cup	100% Juice Apple	100% Juice Fruit Punch	100% Juice Berry	100% Juice Orange	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	Ritz Crackers w/ Cheese Spread	*Whole Wheat Crackers w/ Cheese Sticks	White Cheddar Cheez Its	Blueberry Muffins	Cheddar Gold Fish
	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: May 20, 2024-May 24, 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	Apple Sauce	Banana	Apple Slices	Strawberries and Blueberries	Tator Tots
	Grain/ Meat	1/2 oz eq	1/2 oz eq	1 oz eq	Buttermilk Biscuits	Pancakes	* Whole Grain Bagels w/ Cream Cheese	Rice Krispies	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 (Romaine, Cucumber and Tomato)	Spinach	Broccoli	Black & Red Beans	Vegetarian Beans
	Fruit	1/8 cup	1/4 cup	1/4 cup	Pears	Peaches	Grape Halves	Apple Slices	Clementines
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	* Whole Wheat Pizza	*Whole Grain Penne	Yellow Rice	*Brown Rice	*Whole Wheat Hot Dog Rolls
	Meat/ Meat Alternative	1 oz	1/2 oz eq	2 oz	w/2oz Mozzarella Cheese	Turkey Roni	Roasted Chicken Wings	Turkey Chili	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 Berry	100% Juice Fruit Punch	100% Juice Apple	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	Cheez Its	Ritz Bits	Pretzels	Rainbow Goldfish	Baked Chips
	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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