

MEALS-FOR-KIDS BREAKFAST Menu



MAY

2022



Approved by: Penny Rudy, RD, LD, CPFS
Lifecare Alliance

Monday-Friday 7:45am-3:30pm

1699 W. Mound Street
Columbus, OH 43223

	Monday	Tuesday	Wednesday	Thursday	Friday
Cycle 1	2 1 ea crispy rice bowl 1 ea orange juice cup 8 oz milk	3 1 ea whole grain corn muffin 1 ea strawberry applesauce cup 1 ea jelly packet 8 oz milk	4 1 ea cinnamon raisin bagel 1 ea strawberry cream cheese 1 ea apple 8 oz milk	5 1 ea post mini wheats 1 ea banana 8 oz milk	6 1 ea whole grain banana mini loaf 1 ea mandarin orange cup 8 oz milk
Cycle 2	9 1 ea whole grain chex cereal bowl 1 ea grape juice cup 8 oz milk	10 1 ea whole grain chocolate chip mini loaf 1 ea gala apple 8 oz milk	11 1 ea blueberry bagel 1 ea wow butter 1 ea banana 8 oz milk	12 1 ea strawberry banana yogurt 1 ea halo 8 oz milk	13 1 ea whole grain english muffins 1 ea cinnamon applesauce 1 ea jelly packet 8 oz milk
Cycle 3	16 1 ea crispy rice bowl 1 ea orange juice cup 8 oz milk	17 1 ea whole grain corn muffin 1 ea mixed fruit cup (peach, snow pear, apple, pineapple) 8 oz milk	18 1 ea cinnamon raisin bagel 1 ea strawberry cream cheese 1 ea apple 8 oz milk	19 1 ea post mini wheats 1 ea fresh pear 8 oz milk	20 1 ea whole grain banana mini loaf 1 ea mixed fruit cup (peach, snow pear, apple, pineapple) 8 oz milk
Cycle 4	23 1 ea whole grain chex cereal bowl 1 ea grape juice cup 8 oz milk	24 1 ea whole grain chocolate chip mini loaf 1 ea gala apple 8 oz milk	25 1 ea blueberry bagel 1 ea wow butter 1 ea strawberry applesauce cup 8 oz milk	26 1 ea strawberry yogurt 1 ea mandarin orange cup 8 oz milk	27 1 ea whole grain english muffin 1 ea peach applesauce cup 1 ea jelly packet 8 oz milk
Cycle 1	30 1 ea crispy rice bowl 1 ea orange juice cup 8 oz milk	31 1 ea whole grain corn muffin 1 ea strawberry applesauce cup 1 ea jelly packet 8 oz milk			

*All meals meet CACFP guidelines for children up to age 12 / Meals are subject to change / This institution is an equal opportunity provider.

MEALS-FOR-KIDS SNACK Menu



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Lifecare Alliance

Monday-Friday 7:45am-3:30pm

1699 W. Mound Street
Columbus, OH 43223

	Monday	Tuesday	Wednesday	Thursday	Friday
Cycle 1	2 1 pkg whole grain cheeze-its crackers 8 oz milk	3 1 pkg granola 1 ea strawberry yogurt cup	4 1 ea whole grain animal crackers 8 oz milk	5 1 pkg whole-grain cheddar goldfish 1 ea mozzarella stick	6 1 ea fresh banana 8 oz milk
Cycle 2	9 1 pkg whole-grain cheez-it crackers 8 oz milk	10 1 pkg banana 1 ea strawberry yogurt cup	11 1 pkg strawberry chex mix 8 oz milk	12 1 pkg whole-grain wheat crackers 1 ea mozzarella stick	13 1 pkg whole grain graham crackers 1 ea mixed fruit cup
Cycle 3	16 1 pkg whole grain cheez-it crackers 8 oz milk	17 1 pkg granola 1 ea strawberry yogurt cup	18 1 ea animal crackers 8 oz milk	19 1 pkg whole grain wheat goldfish crackers 1 ea mozzarella stick	20 1 ea fresh banana 8 oz milk
Cycle 4	23 1 ea whole grain cheeze-it crackers 8 oz milk	24 1 ea banana 1 ea strawberry yogurt cup	25 1 pkg strawberry chex mix 8 oz milk	26 1 pkg whole grain wheat crackers 1 ea mozzarella stick	27 1 pkg whole grain graham crackers 1 ea mixed fruit cup
Cycle 1	30 1 pkg whole grain cheeze-its crackers 8 oz milk	31 1 pkg granola 1 ea strawberry yogurt cup			

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MEALS-FOR-KIDS
Lunch Menu: All meals
 Include 8 oz Milk

Approved by: Penny Rudy, RD, LD, CFFS
 Lifecare Alliance Monday-Friday 7:45am-3:30pm



MAY

2022

1899 W. Mount Street
 Columbus, OH 43223



	Monday	Tuesday	Wednesday	Thursday	Friday
Cycle 2	2 Hamburger 1 ea beef hamburger #8 carrot coins #8 cinnamon applesauce 1 ea whole grain hamburger bun 1 ea ketchup packet 1 ea milk	3 Cheese Stuffed Shells 2 ea stuffed shells 3 oz marinara sauce 1 oz mozzarella cheese #8 california blend (broccoli, cauliflower, carrots) 1 sl whole wheat bread 1 ea diced peaches cup 1 ea milk	4 Whole grain waffle and omelet 1 ea Whole grain waffle and omelet 1 ea cheese omelet #10 breakfast potatoes 1 ea fresh orange (3 wedges) 1 ea syrup 1 ea milk	5 Chicken Patty Sandwich 1 ea chicken patty #8 baked beans 1 ea applesauce cup 1 ea whole grain hamburger bun 1 ea milk	6 Salisbury Steak #8 mashed potatoes 1 ea salisbury steak 2 oz herb beef gravy #8 peas 1 sl whole wheat bread 1 ea milk
Cycle 3	9 BBQ Chicken Breast 1 ea chicken breast 2 oz bbq sauce #8 oriental blend vegetables (green beans, broccoli, mushrooms, green pepper) 1 ea pineapple tidbits cup 1 sl whole wheat bread 1 ea milk	10 Pasta and Meatballs #8 whole grain rotini noodles 5 ea turkey meatballs 3 oz marinara sauce #8 broccoli 1 ea milk	11 Popcorn Chicken Bowl #8 mashed potatoes 3 oz peppered gravy 1 oz cheddar cheese 3 ea boneless chicken #8 corn 1 slc whole wheat bread 1 ea milk	12 Turkey and Cheese Sandwich 2 slc whole grain bread 3 slc turkey breast 1 slc american cheese #10 fruit salad #10 four bean salad 1 ea milk	13 Hamburger 1 ea beef hamburger #8 baked beans #8 peas 1 ea whole grain hamburger bun 1 ea ketchup packet 1 ea milk
Cycle 4	16 Grilled Chicken Sandwich 1 ea grilled chicken breast #8 peas and carrots 1 ea mixed fruit cup (peach, snow pear, apple, pineapple) 1 ea whole grain hamburger bun 1 ea milk	17 Cheese Tortellini #6 cheese tortellini 3 oz marinara sauce 1 oz mozzarella cheese #8 corn #8 diced carrots 1 ea fresh pear 1 sl whole wheat bread 1 ea milk	18 Turkey and Provolone Sandwich 2 slc whole grain bread 3 slc turkey breast 1 slc provolone cheese #10 cinnamon applesauce #10 four bean salad 1 ea milk	19 Fiesta Bowl #8 brown rice #8 corn #8 fiesta black beans 1 oz monterey jack cheese #10 peppers and onions 3 ea fresh orange wedges 1 ea milk	20 Chicken Parmesan #8 whole grain penne noodles 1 ea chicken patty 3 oz marinara sauce 1 oz mozzarella cheese #8 mixed vegetables (green beans, wax beans, carrots, peas, kidney beans, baby lima beans) 1 ea mandarin orange cup 1 ea milk
Cycle 1	23 Turkey and Meatball Sub 1 ea whole grain hotdog bun 5 ea turkey meatballs 3 oz marinara sauce 1 oz mozzarella cheese #8 california blend vegetables (broccoli, cauliflower, carrots) 1 ea diced pear cup 1 ea milk	24 Chicken Nuggets 5 ea chicken nuggets #8 baked beans #8 corn 1 slc whole wheat bread 1 ea ketchup packet 1 ea milk	25 Cheese Stuffed Shells 2 ea cheese stuffed shells 3 oz tomato basil sauce 1 oz mozzarella cheese #8 peas 1 ea mixed fruit cup (peach, snow pear, apple, pineapple) 1 slc whole wheat bread 1 ea milk	26 Mac and Cheese #6 Mac and Cheese 1 oz cheddar cheese #8 green beans 3 ea fresh orange wedges 1 ea milk	27 Cheese Lasagna 1 ea cheese lasagna 3 oz marinara sauce 1 oz mozzarella cheese #8 carrot coins #8 peas 1 ea fresh pear 1 slc whole wheat bread 1 ea milk
Cycle 2	30 Hamburger 1 ea beef hamburger #8 carrot coins #8 cinnamon applesauce 1 ea whole grain hamburger bun 1 ea ketchup packet 1 ea milk	31 Cheese Stuffed Shells 2 ea stuffed shells 3 oz marinara sauce 1 oz mozzarella cheese #8 california blend (broccoli, cauliflower, carrots) 1 slc whole wheat bread 1 ea diced peaches cup 1 ea milk			

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* All dinner meals served with an 8 oz. milk