

Menu Week 1 – Summer Menu 2024



CHROMA

Choma Early Learning Academy

| Week 1 Menu | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------------|---|---|--|--|--|
| Breakfast* | Milk WG Oatmeal Diced fresh apple | Milk WG Pancake Blueberries | Milk WG Chex cereal Banana slices | Milk Scrambled eggs WG Toast | Milk Toasted WG English Muffin Peach slices |
| Lunch* | Milk Beef Patty WG Bun Sweet potato fries Cantaloupe Cubes | Milk Black Bean Wrap with Lettuce, Tomato, Cheese WG Tortilla Enriched Spanish Rice Mexicorn | Milk Chicken noodle soup Grilled cheese sandwich WG bread Carrot sticks Pear slices | Milk Chicken and vegetable stir fry with enriched rice Steamed Broccoli Pineapple chunks | Milk WG Cheese Pizza w/extra cheese Garden Salad |
| PM Snack | WG Pretzel sticks Cheese cubes Water | Nectarine Trail Mix Water | Yogurt Parfait Graham crackers Water | Cucumber slices WG crackers Water | WG Tortilla Chips & Salsa, Cheese cubes Water |
| Week 1 Vegetarian | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast* | Milk WG Oatmeal Diced fresh apple | Milk WG Pancake Blueberries | Milk WG Chex cereal Banana slices | Milk Scrambled egg WG Toast | Milk Toasted WG English Muffin Peach slices |
| Lunch* | Milk Veggie beef patty WG Bun Sweet potato fries Cantaloupe Cubes | Milk Milk Black Bean Wrap with Lettuce, Tomato, Cheese WG Tortilla Enriched Spanish Rice Mexicorn | Milk Vegetable soup Grilled cheese sandwich on WG bread Carrot sticks Pear slices | Milk Milk Veggie Chicken and vegetable stir fry with enriched rice Steamed Broccoli Pineapple chunks | Milk WG Cheese Pizza with Extra Cheese Garden Salad Sliced |
| PM Snack | WG Pretzel sticks Cheese cubes Water | Nectarine Trail Mix Water | Yogurt Parfait Graham Crackers Water | Cucumber slices WG crackers Water | WG Tortilla Chips & Salsa, Cheese cubes Water |
| *Whole Milk | | Served to children 12 months to 23 months of age | | Ages 1-2 = 4 oz. | |
| *Low Fat or Fat Free Milk | | Served to children two years of age and older | | Ages 3-5 = 6 oz. Ages 6-12 = 8 oz. | |

Menu Week 2 – Summer 2024

Choma Early Learning Academy



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| Week 2 Menu | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------------|---|---|--|---|--|
| Breakfast* | Milk WG Cheerios Banana slices | Milk Toasted WG English muffin with cheese | Milk Scrambled Eggs WG Toast | Milk WG French Toast Sticks Blueberries | Milk Pancake Applesauce |
| Lunch* | Milk Beef and Macaroni with tomato sauce WG garlic toast Green garden salad Peaches | Milk Turkey & Cheese Sandwich WG Bread Baked beans Apple Slices | Milk Sloppy Joe – Crumbled Beef, Tomato Sauce, WG Slider Bun Sweet Potato Fries Pineapple chunks | Milk Enriched macaroni and cheese, Chicken nuggets Green peas Steamed Carrot coins | Milk Taco Salad – Crumbled Beef, Lettuce, Tomatoes, Cheese, WG Tortillia, Salsa dressing Pears |
| PM Snack | Water WG Crackers Cheese Cubes | Water Plain Yogurt Strawberries | Water Graham Crackers Apple Sauce | Water Pretzels Watermelon chunks | Water Trail Mix Cheese stick |
| Week 2 Vegetarian | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast* | Milk WG Cheerios Banana slices | Milk Toasted WG English muffin with cheese | Milk Scrambled Egg WG Toast | Milk WG French Toast Sticks Sliced Strawberries | Milk Pancake Applesauce |
| Lunch* | Milk Veggie beef crumbles and Macaroni with tomato sauce WG garlic toast Green garden salad Peaches | Milk Cheese Sandwich on WG Bread Baked beans Apple Slices | Milk Sloppy Joe – Crumbled Soy Protein, Tomato Sauce, WG Slider Bun Sweet Potato Fries Pineapple chunks | Milk Enriched macaroni and cheese, Veggie Chicken nuggets Green peas Steamed Carrott coins | Milk Milk Taco Salad – Crumbled Veggie Protein, Lettuce, Tomatoes, Cheese, WG Tortillia, Salsa dressing Pears |
| PM Snack | Water WG Crackers Cheese Cubes | Water Plain Yogurt Strawberries | Water Graham Crackers Apple Sauce | Water Pretzels Watermelon chunks | Water Trail Mix Cheese stick |
| *Whole Milk | | Served to children 12 months to 23 months of age | | Ages 1-2 = 4.oz. | |
| *Low Fat or Fat Free Milk | | Served to children two years of age and older | | Ages. 3-5 =6 oz. Ages 6-12 = 8 oz. | |

Menu Week 3 – Summer 2024

Choma Early Learning Academy



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| Week 3 Menu | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------------|--|---|--|--|--|
| Breakfast* | Milk Oatmeal Blueberries | Milk WG Toasted English Muffin Peach slices | Milk WG Check Cereal | Milk WG Cinnamon Toast Sliced Strawberries | Milk Scrambled eggs WG toast |
| Lunch* | Milk Spanish Rice with Beef (tom. sauce, enriched rice, beef crumbles) Corn Apple slices | Milk Baked Chicken Nuggets, Steamed Broccoli WG Roll Blueberries | Milk Enriched spaghetti, tomato sauce, turkey meatballs, Tossed salad with lettuce & tomatoes. Garlic toast | Milk Beef patty. Whole grain bun Oven baked sweet potato fries. Watermelon chunks | Milk WG Cheese Pizza with Pepperoni Cauliflower Applesauce |
| PM Snack | Water WG Crackers Pears | Water Plain Yogurt Blueberries | Water Graham Crackers Apple Sauce | Water Yogurt dip with cucumber and carrot dippers | Water WG Tortilla Chips & Salsa, Cheese Cubes |
| Week 3 Vegetarian | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast* | Milk Oatmeal Blueberries | Milk WG English Muffin Peach slices | Milk Banana WG Rice Checks Cereal | Milk WG Cinnamon Toast Sliced Strawberries | Milk Scrambled Eggs WG Toast |
| Lunch* | Milk Spanish Rice with Veggie crumbles (tom. sauce, enriched rice, tofu crumbles) Corn Apple slices | Milk Baked Veggie Chicken Nuggets, Steamed Broccoli WG Roll Blueberries | Milk Enriched spaghetti, tomato sauce, veggie meatballs, Tossed salad with lettuce & tomatoes. Garlic toast | Milk Bean burger patty. Whole grain bun Oven baked sweet potato fries. Watermelon chunks | Milk WG Cheese Pizza with Extra Cheese Cauliflower Applesauce |
| PM Snack | Water WG Crackers Pears | Water Plain Yogurt Blueberries | Water Graham Crackers Apple Sauce | Water Yogurt dip with cucumber and carrot dippers | Water WG Tortilla Chips & Salsa, Cheese Cubes |
| *Whole Milk | Served to children 12 months to 23 months of age | | Ages 1-2 + 4 oz. | | |
| *Low Fat or Fat Free Milk | Served to children two years of age and older | | Ages 3-5 = 6 oz. | | Ages 6-12 + 8 oz |

Menu Week 4 – Summer 2024

Peaches Choma Early Learning Academy



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| Week 4 Menu | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------------|---|--|---|--|--|
| Breakfast* | Milk WG Waffle, Applesauce | Milk Scrambled Eggs WG Toast | Milk WG Cheerios Banana slices | Milk WG French Toast Sticks Apple sauce | Milk WG Mixed Tropical Fruit |
| Lunch* | Milk Sloppy Joe Slider slider on WG Slider bun Baked beans Oven baked sweet potato fries Clementine | Milk Veggie Quesadilla with refried beans, lettuce tomato, cheese, salsa, WG tortilla, Mexican rice, Applesauce | Milk Chicken Alfredo with enriched pasta, Green peas Steamed carrot “coins” WG Garlic toast | Milk Grilled Cheese Sandwich Chicken noodle soup WG Bread, Green Beans Apple slices | Milk WG Pepperoni & Cheese Pizza Tossed garden salad Peaches |
| PM Snack | Water Cinnamon applesauce Graham crackers | Water Plain Yogurt Blueberries | Water Trail Mix Clementine | Water Pretzels Cantaloupe chunks | Water WG Tortilla Chips & Salsa, Cheese Cubes |
| Week 4 Vegetarian | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast* | Milk WG Waffle Peaches | Milk Scrambled Eggs WG Toast | Milk Blueberry Muffin Applesauce | Milk WG Rice Chex Cereal Banana slices | Milk WG Cinnamon Toast Mixed tropical fruit |
| Lunch* | Milk Veggie burger & cheese sliders WG slider bun Baked beans Oven baked sweet potato fries Clementine | Milk Veggie Quesadilla with refried beans, lettuce tomato, cheese, salsa, WG tortilla, Mexican rice, Applesauce | Milk Veggie Chicken Alfredo with enriched pasta Green peas Steamed carrot “coins” Garlic toast | Milk Grilled Cheese Sandwich Tomato Soup WG Bread Green Beans Apple slices | Milk WG Cheese Pizza w/extra cheese, Tossed garden salad Peaches |
| PM Snack | Water Cinnamon applesauce Graham crackers | Water WG Crackers Cheese cubes | Water Trail Mix Clementine | Water Pretzels Cantaloupe chunks | Water WG Tortilla Chips & Salsa, Cheese Cubes |
| *Whole Milk | Served to children 12 months to 23 months of age | | Ages 1-2 = 4 oz. | | |
| *Low Fat or Fat Free Milk | Served to children two years of age and older | | Ages 3-5 = 6 oz. | | Ages 5-12 = 8 oz. |