

Little's Lunches

INVESTING IN CHILD NUTRITION
CACFP Breakfast; Lunch Menu - 21 Day Cycle; 5 days

* All menu items are recommended and approved by the Florida School Lunch Program (Fruits are subject to vary by availability and season)
Milk not provided by Little's Lunches

		Monday		Tuesday		Wednesday		Thursday		Friday
Week 1	BKFT	Cereal, Apples	Meal	Cinnamon toast, fruit	Meal	Yogurt, Banana	Meal	Pancakes, fruit	Meal	Oatmeal, bananas
	Meal	(WG) Turkey Sub, Carrots, Fruit		(WG) Chicken and cheese noodles, Beans, fruit		(WG) Chicken Nuggets, Corn, Fruit		Chicken and Cheese Rice, Salad, Fruit		(WG) Chicken Lo Mein, Fruit
Week 2	BKFT	Cereal, Apples	Meal	Pancakes, Pineapple	Meal	(G) Cinnamon Toast, Banna	Meal	Oatmeal, Apples	Meal	Cereal, Bannana
	Meal	(WG) Chicken Nuggets, Corn, Fruit		(WG) BBQ Chicken Sandwich, Green Beans,		(WG) Pizza Pasta, Salad, Fruit		Beef Nachos, pinto beans, fruit		(WG) Baked Spaghetti, Broccoli, Fruit
Week 3	BKFT	Cereal, Apples	Meal	Pancakes, Banana	Meal	Cinnamon toast Bannana	Meal	Oatmeal and fruit	Meal	Pancakes, Bannana
	Meal	(WG) Chicken and Cheese Noodles, Salad, Fruit		Chicken Fried Rice, Fruit		WG Sausage Pizza, Broccoli with cheese, Fruit		(WG) Baked Spaghetti, green beans, fruit		Chicken Nachos, Corn, Fruit
Week 4	BKFT	Cereal, Apples	Meal	Pancakes and fruit	Meal	Cinnamon toast, Bannana	Meal	Pancakes, Fruit	Meal	Oatmeal, Apples
	Meal	(WG) Turkey Sub, Carrots, Fruit		Chicken Nuggets, pinto bean		(WG) Baked Spaghetti, Broccoli, Fruit		Beef Nachos, corn, fruit		(WG) Hot Ham and Cheese Croissant, Fruit, sweet potatoes

The Menu

- Menu items offer a variety of fresh fruit, veggies, and daily protein

- Items are carefully chosen to offer key nutrients while remaining kid friendly

Exposing children to a variety of items is crucial for expanding palates, additional items such as carrots, salad, and greens are incorporated into the menu after the daily value is met to expose children to foods

Building Healthy Habits

Children often mimic their parents' behavior. Set a positive example by making healthy food choices yourself. If they see you eating fruits and vegetables, they are more likely to do the same.

Make Healthy Choices Convenient: Keep healthy snacks readily available and easy to access. Cut up fruits and vegetables and store them in the fridge for quick, healthy snacks. Limit the availability of sugary and processed foods in the house and added to their school day.

Limit Sugary Beverages: Avoid sugary drinks like soda, fruit juices, and sports drinks. Encourage water and milk as the primary beverage choices. If you do offer fruit juice, make sure it's 100% fruit juice and limit the portion size.