

Menu # 3		Monday			Tuesday			Wednesday			Thursday			Friday							
		Food Item	1-2 yr	3-5 yr	6+ yrs	Food Item	1-2 yr	3-5 yr	6+ yrs	Food Item	1-2 yr	3-5 yr	6+ yrs	Food Item	1-2 yr	3-5 yr	6+ yrs.				
Am Snack	Choose 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/BREAD JUICE/FRUIT VEGETABLE	Very Berry Juice <i>Sub: Milk</i>	4oz	6oz	8oz	Orange Pineapple Juice <i>Sub: Milk</i>	4oz	6oz	8oz	White Cranberry Peach Juice <i>Sub: Milk</i>	4oz	6oz	8oz	Green Watermelon Juice <i>Sub: Milk</i>	4oz	6oz	8oz	Blue Raspberry Juice <i>Sub: Milk</i>	4oz	6oz	8oz
		Cheeze It Crackers <i>Sub: Saltines</i>	1/4c	1/4c	1/2c	Honey Wheat Pretzels	4	4	7	String Cheese <i>Sub: Ritz Crackers</i>	1/2	1/2	1	Chex Mix	1/4c	1/4c	1/2c	Ritz Crackers	4	4	7
Breakfast	MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/BREAD	Cinnamon Toast WG	1/2	1/2	1	Biscuit w/Turkey Sausage	1/2	1/2	1	Breakfast Sliders (CN)	1/2	1	2	Corn Flakes	1/2c	1/2c	1c	WG Mini Waffle Bites (CN)	1/2	1	2
		Apple Slices <i>Sub: Almond Milk</i>	4	4	7	Banana <i>Sub: Almond Milk</i>	1/2	1/2	1	Apple Slices <i>Sub: Almond Milk</i>	4	4	7	Orange Slices <i>Sub: Almond Milk</i>	2	2	4	Banana <i>Sub: Almond Milk</i>	1/2	1/2	1
		1% Milk <i>Sub: Almond Milk</i>	4oz	6oz	8oz	1% Milk <i>Sub: Almond Milk</i>	4oz	6oz	8oz	1% Milk <i>Sub: Almond Milk</i>	4oz	6oz	8oz	1% Milk <i>Sub: Almond Milk</i>	4oz	6oz	8oz	1% Milk <i>Sub: Almond Milk</i>	4oz	6oz	8oz
Lunch	MILK, FLUID MEAT/MEAT ALTERNATE 1st FRUIT/VEG 2nd FRUIT/VEG GRAIN/BREAD OTHER	Crispy Chicken Tenders (CN)	2	3	4	Mini Corn Dogs (CN)	3	4	5	Chicken Alfredo	1/3c	1/2c	3/4c	PB&J	1/2	1/2	1	Fish Sticks (CN)	2	3	4
		WG Breading	2	3	4	WG Breading	3	4	5	WG Pasta	1/4c	1/4c	1/2c	WG Bread	1/2	1/2	1	WG Breading	2	3	4
		Green Beans	1/8c	1/4c	1/2c	Corn	1/8c	1/4c	1/2c	Broccoli Normandy	1/8c	1/4c	1/2c	Salad W/Ranch	1/8c	1/4c	1/2c	Mixed Vegetables	1/8c	1/4c	1/4c
		Tropical Fruit Mix	1/8c	1/4c	1/4c	Applesauce	1/8c	1/4c	1/4c	Mandarin Oranges	1/8c	1/4c	1/4c	Applesauce	1/8c	1/4c	1/4c	Peaches	1/8c	1/4c	1/4c
		1% Milk <i>Sub: Almond Milk</i>	4oz	6oz	8oz	1% Milk <i>Sub: Almond Milk</i>	4oz	6oz	8oz	1% Milk <i>Sub: Almond Milk</i>	4oz	6oz	8oz	1% Milk <i>Sub: Almond Milk</i>	4oz	6oz	8oz	1% Milk <i>Sub: Almond Milk</i>	4oz	6oz	8oz
PM Snack	Choose 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/BREAD JUICE/FRUIT VEGETABLE	Goldfish Crackers <i>Sub: Pretzel</i>	1/4c	1/4c	1/2c	Saltines	4	4	7	Trail Mix	1/4c	1/4c	1/2c	Club Crackers	4	4	7	Carrots w/ Ranch	1/4c	1/4c	1/2c
		1% Milk <i>Sub: Almond Milk</i>	4oz	6oz	8oz	1% Milk <i>Sub: Almond Milk</i>	4oz	6oz	8oz	1% Milk <i>Sub: Almond Milk</i>	4oz	6oz	8oz	1% Milk <i>Sub: Almond Milk</i>	4oz	6oz	8oz	1% Milk <i>Sub: Almond Milk</i>	4oz	6oz	8oz

Menu Prepared By: Jennifer Varney

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Key
Allergy Substitutions are in Italics
(CN)-Child Nutrition Labels