

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	Food Item	1-2 yr	3-5 yr	6+ yrs.	
Am Snack	Choose 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/BREAD JUICE/FRUIT VEGETABLE	Grape Juice <i>Sub: Milk</i>	4oz	6oz	8oz	White Grape Juice <i>Sub: Milk</i>	4oz	6oz	8oz	Very Berry Juice <i>Sub: Milk</i>	4oz	6oz	8oz	Blue Raspberry Juice <i>Sub: Milk</i>	4oz	6oz	8oz	Strawberry Kiwi Juice <i>Sub: Milk</i>	4oz	6oz	8oz
		Blueberry Muffin	1/2	1/2	1	Club Crackers	4	4	7	String Cheese <i>Sub: Club Cracker</i>	1/2	1/2	1	Goldfish Crackers <i>Sub: Pretzels</i>	1/4c	1/4c	1/2c	Ritz Crackers	4	4	7
Breakfast	MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/BREAD	Life Cereal	1/2c	1/2c	3/4c	Turkey Egg Cheese Buritto <i>Sub: Cereal</i>	1	1	1	WG Cinnamon Toast <i>Sub: Cereal</i>	1/2	1/2	1	Toasted Oats Cereal	1/2c	1/2c	3/4c	Turkey Sausage Biscuit <i>Sub: Cereal</i>	1/2	1/2	1
		Bananas	1/2	1	1	Bananas	1/2	1	1	Oranges <i>Sub: Apple slices</i>	3	6	6	Apple Slices	2	4	4	Bananas	1/2	1	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	Turkey & Cheese Roll up	1/2	1/2	1	WG Chicken Drumsticks(CN)	3	3	4	Peanut Butter/Jelly Uncrustables <i>Sub: Mini Corn dogs</i>	1	1	1	WG Cheese Pizza(CN) <i>Sub: Chicken Nuggets</i>	1/2	1/2	1	Hot Dog	1/2	1	1
		Flour Tortillia	1	1	2	WG Breading				WG Breading				WG Breading String Cheese	1/2	1/2		WG Bun	1/2	1	1
		Salad w/Ranch	1/4c	1/4c	1/2c	Green Beans	1/4c	1/4c	1/2c	Raw Carrots <i>Sub: Salad</i>	1/4c	1/4c	1/2c	Diced Carrots	1/4c	1/4c	1/2c	Mixed Vegetables <i>Sub: Carrots</i>	1/4c	1/4c	1/2c
		Applesauce	1/4c	1/4c	1/4c	Peaches	1/4c	1/4c	1/4c	Pears	1/4c	1/4c	1/4c	Pineapple <i>Sub: Apple Slices</i>	1/4c	1/4c	1/4c	Mixed Fruit <i>Sub: Apple Slices</i>	1/4c	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	Pretzels	1/4c	1/4c	1/2c	Graham Crackers each square	2	2	3	Toasted	4	4	7	Saltine Crackers	4	4	7	Animal Crackers	1/4c	1/4c	1/2c
		<i>Sub: Chex Mix</i>																			
		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: Amy Payne

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