

Menu # 1		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	White Cranberry Peach Juice <i>Sub: Milk</i>	4oz	6oz	8oz	Clear Raspberry Juice <i>Sub: Milk</i>	4oz	6oz	8 oz	Very Berry Juice <i>Sub: Milk</i>	4oz	6oz	8oz	Apple Juice <i>Sub: Milk</i>	4oz	6oz	8oz	White Grape Juice <i>Sub: Milk</i>	4oz	6oz	8oz			
		WG Banana Muffins	1/2	1/2	1	Ritz Crackers	4	4	7	String Cheese <i>Sub: Ritz Crackers</i>	1/2	1/2	1	4	Cheez-It Crackers <i>Sub: Chex Mix</i>	1/4c	1/4c	1/2c	Club Crackers	4	4	7		
Breakfast	MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/BREAD	Toasted Oats Cereal	1/2c	1/2c	1c	Toast W/Butter & Jelly	1/2	1/2	1	Biscuit & Turkey Sausage	1	1	1	WG French Toast Sticks (CN) <i>Sub: Toast w/Jelly</i>	2	2	3	Rice Crisp Cereal	1/2	1/2	1c			
		Bananas	1/2	1	1	Apple Slices	2	4	4	Oranges <i>Sub: Apple Slices</i>	3	6	6	2	4	4	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	1% Milk <i>Sub: Almond Milk</i>	4oz	6oz
Lunch	MILK, FLUID MEAT/MEAT ALTERNATE 1st FRUIT/VEG 2nd FRUIT/VEG GRAIN/BREAD OTHER	(CN) Turkey & Cheese Sandwich	1/2	1/2	1	Chicken Nuggets	3	4	5	Peanut Butter/Jelly Uncrustables (CN) <i>Sub: Chicken Pattie</i>	1/2	1	1	BBQ Beef/Chicken Meatballs (CN)	4	4	5	Cheese Pizza (CN)	1/2	1/2	1			
		WG Breading	1/2	1/2	1	WG Bun	1	1	2	WG Breading				WG Dinner Roll	1/2	1	1	WG Breading	1/2	1/2	1			
		Salad W/Ranch	1/4c	1/4c	1/2c	Mixed Vegetables <i>Sub: Salad</i>	1/4c	1/4c	1/2c	Raw Carrots <i>Sub: Salad W/Ranch</i>	1/4c	1/4c	1/2c	Green Beans	1/4c	1/4c	1/2c	Peas <i>Sub: Salad W/Ranch</i>	1/4c	1/4c	1/2c			
		Applesauce	1/4c	1/4c	1/4c	Fruit Cocktail <i>Sub: Apple slices</i>	1/4c	1/4c	1/4c	Peaches	1/4c	1/4c	1/4c	Pineapple <i>Sub: Apple slices</i>	1/4c	1/4c	1/4c	2	4	4	Applesauce	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	1% Milk <i>Sub: Almond Milk</i>	4oz	6oz
PM Snack	Choose 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/BREAD JUICE/FRUIT VEGETABLE	Saltines	4	4	7	Pretzels	1/4c	1/4c	1/2c	Animal Crackers	1/4c	1/4c	1/2c	WG Toast W/Garlic Salt	1/2	1/2	1	Graham Crackers each square	2	2	3			
		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

