

Menu # 2	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	Choose2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/BREAD JUICE/FRUIT VEGETABLE	Clear Strawberry & Strawberry kiwi Juice Sub: 1% Milk	4oz	6oz	8oz	Fruit Punch Juice Sub: 1% Milk	4oz	6oz	8oz	Chef's Choice Juice Sub: 1% Milk	4oz	6oz	8oz	White Grape Juice Sub: 1% Milk	4oz	6oz	8oz	Apple Juice Sub: 1% Milk	4oz	6oz	8oz
		Apple Cinnamon Muffin Sub: <i>Saltine Crakers</i>	1/2 ea	1/2 ea	1 ea	Club Crackers	4 ea	4 ea	7 ea	String Cheese Sub: <i>Club Crackers</i>	1/2 ea	1/2 ea	1 ea	Pretzels	1/3c	1/3c	2/3c	Goldfish Crackers Sub: <i>Saltine Crackers</i>	1/4c	1/4c	1/2c
Breakfast	MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/BREAD	WG Toast W/Peanut Butter	1/2 s	1/2 s	1 s	Toasted Oats Cereal	1/2 c	1/2 c	1c	Biscuit & Sausage	1/2 ea	1/2 ea		Corn Flakes Cereal	1/2c	1/2c	1c	French Toast Sticks (CN)	2 ea	2 ea	3 ea
		Bananas	1/2 ea	1 ea	1 ea	Orange Slices Sub: <i>Apple Slices</i>	3 ea	6 ea	6 ea	Apple Slices Sub: <i>Banana</i>	2 ea	4 ea	4 ea	Bananas	1/2 ea	1 ea	1 ea	Orange Slices Sub: <i>Apple Slices</i>	3 ea	6 ea	6 ea
		1% Milk Sub: <i>Almond Milk</i>	4oz	6oz	8oz	1% Milk Sub: <i>Almond Milk</i>	4oz	6oz	8oz	1% Milk Sub: <i>Almond Milk</i>	4oz	6oz	8oz	1% Milk Sub: <i>Almond Milk</i>	4oz	6oz	8oz	1% Milk Sub: <i>Almond Milk</i>	4oz	6oz	8oz
Lunch	MILK, FLUID MEAT/MEAT ALTERNATE 1st FRUIT/VEG 2nd FRUIT/VEG GRAIN/BREAD OTHER	Chicken Taco (CN) W/Shredded Cheese	1 oz	1 1/2 oz	2oz	Beef & Bean Burrito (CN)	1/2	1/2	1	Pulled Pork Sandwich	1 oz	1 1/2 oz	2oz	PB&J (CN) Uncrustables String Cheese Sub: <i>Turkey Sand.</i>	1 ea	1 ea	1 ea	Fish Stars (CN)	3 ea	3 ea	4 ea
		WG Flour Tortillia	1/2 ea	1/2 ea	1 ea	WG Tortillia	1/2	1/2	1	WG Dinner Roll	1/2 ea	1/2 ea	1 ea	WG Bread	1/2 ea	1/2 ea	1 ea	WG Breading			
		Salad W/Ranch	1/4c	1/2 c	1c	Corn	1/4c	1/4c	1/2c	Green Beans	1/4c	1/4c	1/2c	Raw Carrots Sub: <i>Salad W/Ranch</i>	1/4c	1/4c	1/2c	Broccoli (Cooked)	1/4c	1/4c	1/2c
		Mixed Fruit	1/4c	1/4c	1/4c	Applesauce Sub: <i>Banana</i>	1/4c	1/4c	1/4c	Pears	1/4c	1/4c	1/4c	Peaches	1/4c	1/4c	1/4c	Pineapple Sub: <i>Applesauce</i>	1/4c	1/4c	1/4c
	1% Milk Sub: <i>Almond Milk</i>	4oz	6oz	8oz	1% Milk Sub: <i>Almond Milk</i>	4oz	6oz	8oz	1% Milk Sub: <i>Almond Milk</i>	4oz	6oz	8oz	1% Milk Sub: <i>Almond Milk</i>	4oz	6oz	8oz	1% Milk Sub: <i>Almond Milk</i>	4oz	6oz	8oz	
PM Snack	Choose2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/BREAD JUICE/FRUIT VEGETABLE	Graham Crackers	2 ea	2 ea	3 ea	Ritz Crackers	4 ea	4 ea	7 ea	Saltine Crackers	4 ea	4 ea	7 ea	Animal Crackers	1/4c	1/4c	1/2c	Cheez-It Crackers Sub: <i>Club Crackers</i>	1/4 c	1/4 c	1/2 c
		1% Milk Sub: <i>Almond Milk</i>	4oz	6oz	8oz	1% Milk Sub: <i>Almond Milk</i>	4oz	6oz	8oz	1% Milk Sub: <i>Almond Milk</i>	4oz	6oz	8oz	1% Milk Sub: <i>Almond Milk</i>	4oz	6oz	8oz	1% Milk Sub: <i>Almond Milk</i>	4oz	6oz	8oz

Menu Prepared by: Amy Payne

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