

| 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 | Choose2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/BREAD JUICE/FRUIT VEGETABLE | Grape Juice <i>Sub: 1% Milk</i> | 4oz | 6oz | 8oz | Apple White Grape Juice <i>Sub: 1% Milk</i> | 4oz | 6oz | 8oz | Fruit Punch Juice <i>Sub: 1% Milk</i> | 4oz | 6oz | 8oz | White Cranberry Peach Juice <i>Sub: 1% Milk</i> | 4oz | 6oz | 8oz | Chef's Choice Juice <i>Sub: 1% Milk</i> | 4oz | 6oz | 8oz |
| | | Chocolate Chip Muffin | 1/2 ea | 1/2 ea | 1 ea | Pretzels | 1/3c | 1/3c | 2/3c | String Cheese <i>Sub: Club Cracker</i> | 1/2 ea | 1/2 ea | 1 ea | Club Crackers | 4 ea | 4 ea | 7 ea | Cheez Its <i>Sub: Ritz 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 | Life Cereal | 1/2c | 1/2c | 1c | Rice Crisp Cereal | 1/2c | 1/2c | 1c | Corn Flakes Cereal | 1/2c | 1/2c | 1c | WG French Toast Sticks (CN) | 2 ea | 2 ea | 3 ea |
| | | Banana | 1/2 ea | 1 ea | 1 ea | Orange Slices <i>Sub: Banana</i> | 3 ea 1/2 ea | 6 ea 1 ea | 6 ea 1 ea | Apple Slices <i>Sub: Banana</i> | 2 ea 1/2 ea | 4 ea 1 ea | 4 ea 1 ea | Banana | 1/2 ea | 1 ea | 1 ea | Apple Slices <i>Sub: Banana</i> | 2 ea 1/2 ea | 4 ea 1 ea | 4 ea 1 ea |
| | | 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 | Sloppy Joe | 1 oz | 1 1/2 oz | 2 oz | (CN) Cheese Pizza | 1/2 ea | 1/2 ea | 1 ea | Turkey & Cheese Sandwich | 2 s 1/2 ea | 3 s 1/2 ea | 3 s 1 ea | Chef's Salad W/ Hard Boiled Eggs, Diced Ham & Shredded | 1/4 c 1/2 ea | 1/2 c 1/2 ea | 1 c 1 ea | Chicken Drumsticks (CN) | 3 ea | 3 ea | 4 ea |
| | | WG Bun | 1/2 ea | 1/2 ea | 1 ea | WG Breading | 1/2 ea | 1/2 ea | 1 ea | WG Bread | 1 s | 1 s | 2 s | WG Roll | 1/2 ea | 1/2 ea | 1 ea | WG Breading | | | |
| | | Mixed Vegetables | 1/4c | 1/4c | 1/2c | Raw Carrots <i>Sub: Salad</i> | 1/4c | 1/4c | 1/2c | Sliced Cucumbers | 1/4c | 1/4c | 1/2c | Salad W/Ranch | 1/2c | 1/2c | 3/4c | Mixed Vegetables | 1/4c | 1/4c | 1/2c |
| | | Pineapple <i>Sub: Applesauce</i> | 1/4c | 1/4c | 1/4c | Mixed Fruit <i>Sub: Banana</i> | 1/4c | 1/4c | 1/4c | Applesauce <i>Sub: Banana</i> | 1/4c | 1/4c | 1/4c | Peaches | 1/4c | 1/4c | 1/4c | Tropical Fruit <i>Sub: Applesauce</i> | 1/4c | 1/4c | 1/4c |
| PM Snack | Choose2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/BREAD JUICE/FRUIT VEGETABLE | GoldFish Crackers | 1/4 c | 1/4c | 1/2 c | Graham Crackers each square | 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 |
| | | <i>Sub: Pretzels</i> | 1/3c | 1/3c | 2/3c | 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