

Menu for Week of July 26, 2021

Menu # 4	Monday				Tuesday				Wednesday				Thursday				Friday				
		1-2 yr	3-5 yr	6+ yrs.		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 Sub: 1% Milk	4oz	6oz	8oz	Very Berry Juice Sub: 1% Milk	4oz	6oz	8oz	Clear Mountain Berry Juice Sub: 1% Milk	4oz	6oz	8oz	Apple Juice Sub: 1% Milk	4oz	6oz	8oz	Chef's Choice Juice Sub: 1% Milk	4oz	6oz	8oz
		Club Crackers	4 ea	4 ea	7 ea	Blueberry Muffin	1/2 ea	1/2 ea	1 ea	Goldfish Crackers Sub: Saltines	1/4c	1/4c	1/2c	String Cheese	1/2 ea	1/2 ea	1 ea	Pretzels	1/3c	1/3c	2/3c
Breakfast	MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/BREAD	Life Cereal	1/2c	1/2c	1c	(WG) Slice of Toast W/Jelly	1/2 s	1/2 s	1 s	WG Confetti Pancake (CN)	4 ea	6ea	8ea	Rice Crisp Cereal	1/2c	1/2c	1c	Toasted Oats Cereal	1/2c	1/2c	1c
		Banana	1/2ea	1 ea	1 ea	Apple Slices Sub: Banana	2 ea 1/2ea	4 ea 1 ea	4 ea 1 ea	Banana	1/2ea	1 ea	1 ea	Apple Slices Sub: Banana	2 ea 1/2ea	4 ea 1 ea	4 ea 1 ea	Orange Slices Sub: Banana	3 ea 1/2ea	6 ea 1 ea	6 ea 1 ea
		1% Milk Sub: Almond Milk	4oz	6oz	8oz	1% Milk Sub: Almond Milk	4oz	6oz	8oz	1% Milk Sub: Almond Milk	4oz	6oz	8oz	1% Milk Sub: Almond Milk	4oz	6oz	8oz	1% Milk Sub: Almond Milk	4oz	6oz	8oz
Lunch	MILK, FLUID MEAT/MEAT ALTERNATE 1st FRUIT/VEG 2nd FRUIT/VEG GRAIN/BREAD OTHER	Chicken Nuggets	3 ea	4 ea	5 ea	(CN) PB & J Uncrustables Pre K String Cheese	1 ea 1/2 ea	1 ea 1/2 ea	1 ea	Beef Taco (CN) W/Shredded Cheese	1oz	1 1/2 oz	2oz	(CN) Ham & Cheese Sandwich	2 s 1 s	3 s 1 s	3 s 1 s	Chicken Sandwich	1/2 ea	1/2 ea	1 ea
		WG Breading				Sub: Turkey Sand. WG Breading	1 ea	1 ea	1 ea	WG Flour Tortillia Shell	1/2 ea	1/2 ea	1 ea	WG Dinner Roll	1/2 ea	1/2 ea	1 ea	WG Bun	1/2 ea	1/2 ea	1 ea
		Green Beans	1/4c	1/4c	1/2c	Raw Carrots Sub: Salad	1/4c	1/4c	1/2 c	Salad W/Ranch Sub: Italian	1/4c	1/2 c	1 c	Cucumbers	1/4c	1/4c	1/2c	Mixed Vegetables	1/4c	1/4c	1/2c
		Mixed Fruit Sub: Applesuace	1/4c	1/4c	1/4c	Applesauce Sub: Peaches	1/4c	1/4c	1/4c	Mandarin Oranges Sub: Applesuace	1/4c	1/4c	1/4c	Peaches	1/4c	1/4c	1/4c	Pears	1/4c	1/4c	1/4c
		1% Milk Sub: Almond Milk	4oz	6oz	8oz	1% Milk Sub: Almond Milk	4oz	6oz	8oz	1% Milk Sub: Almond Milk	4oz	6oz	8oz	1% Milk Sub: Almond Milk	4oz	6oz	8oz	1% Milk Sub: Almond Milk	4oz	6oz	8oz
PM Snack	Choose 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/BREAD JUICE/FRUIT VEGETABLE	Saltine Crackers	4 ea	4 ea	7 ea	Animal Crackers	1/4c	1/4c	1/2c	Graham Crackers each square	2 ea	2 ea	3 ea	Ritz Crackers	4 ea	4 ea	7 ea	Cheez It Crackers	1/4c	1/4c	1/2c
		1% Milk Sub: Almond Milk	4oz	6oz	8oz	1% Milk Sub: Almond Milk	4oz	6oz	8oz	1% Milk Sub: Almond Milk	4oz	6oz	8oz	1% Milk sub: Almond Milk	4oz	6oz	8oz	1% Milk Sub: Almond Milk	4oz	6oz	8oz

Menu Prepared by: Amy Payne

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