



Menu for Week Of July 5th, 2021

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	Food Item	1-2 yr	3-5 yr	6+ yrs.
Am Snack	Choose 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD JUICE/FRUIT VEGETABLE	NO SCHOOL			Strawberry Juice Sub: Milk	4oz	6oz	8 oz	Grape Juice Sub: Milk	4oz	6oz	8oz	Apple Juice Sub: Milk	4oz	6oz	8oz	Chef's Choice Juice Sub: Milk	4oz	6oz	8oz
Breakfast	MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/ BREAD				Corn Flakes Cereal	1/2 c	1/2 c	1 c	Life Cereal	1/2 c	1/2 c	1 c	WG Toast W Jelly	1/2 s	1/2 s	1 s	Toasted Oats Cereal	1/2 c	1/2 c	1 c
					Apple Slices	2 ea	4 ea	4 ea	Oranges Sub: Apple Slices	3 ea	6 ea	6 ea	Apple slices	2 ea	4 ea	4 ea	Banana	1/2 ea	1 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
Lunch	MILK, FLUID MEAT/MEAT ALTERNATE 1st FRUIT/VEG 2nd FRUIT/VEG GRAIN/BREAD OTHER	NO SCHOOL Independence Day			Peanut Butter/Jelly Uncrustables (CN) Sub: Turkey cheese	1 ea	1 ea	1 ea	Hot Dog (CN)	1/2 ea	1 ea	1 ea	Sloppy Joes	1 oz	1 1/2 oz	2 oz	Ham & Cheese Sndwich	2s	3s	3s
					WG Breading	1/4c	1/4c	1/4c	WG Bun	1/2 ea	1 ea	1 ea	WG Bun	1/2 ea	1/2 ea	1 ea	WG bread	1 s	1 s	2 s
					Raw Carrots	1/4c	1/4c	1/2c	Mixed Vegetables	1/4c	1/4c	1/2c	Green Beans	1/4c	1/4c	1/2c	Salad W/Ranch	1/4c	1/4c	1/2c
					Mixed Fruit Sub: Apple slices	1/4c	1/4c	1/4c	Pineapple Sub: Apple sauce	1/4c	1/4c	1/4c	Peaches	1/4c	1/4c	1/4c	Applesauce	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
PM Snack	Choose 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD JUICE/FRUIT VEGETABLE				Animal Crackers	1/4 c	1/4 c	1/2c	Pretzels	1/3 c	1/3 c	2/3 c	Graham Crackers each square	2 ea	2 ea	3 ea	Saltine Crackers	4 ea	4 ea	7 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

Menu Prepared by: Amy Payne

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

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