

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	Apple Juice Sub: 1% Milk	4oz	6oz	8oz	Strawberry Kiwi Juice Sub: 1% Milk	4oz	6oz	8 oz	White Grape Juice Sub: 1% Milk	4oz	6oz	8oz	Fruit Punch Juice Sub: 1% Milk	4oz	6oz	8oz	Chef's Choice of Juice Sub: 1% Milk	4oz	6oz	8oz
		Cheeze Its	1/4c	1/4c	1/2c	WG Chocolate Chip Muffin	1/2 ea	1/2 ea	1 ea	Pretzels	1/3c	1/3c	2/3c	Club Crackers	4 ea	4ea	7 ea	Ritz Crackers	4 ea	4 ea	7 ea
		Sub: Ritz Crackers	4 ea	4 ea	7 ea														Sub: Club Crackers	4 ea	4 ea
Breakfast	MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/BREAD	Rice Crisp Cereal	1/2c	1/2c	1c	Life Cereal	1/2 c	1/2 c	1c	Toast W/Peanut Butter Sub:Jelly	1/2 s	1/2 s	1s	Corn Flakes Cereal	1/2 c	1/2 c	1 c	WG French Toast Sticks	2 ea	2 ea	3 ea
		Apple Slices Sub: Banana	2 ea 1/2 ea	4 ea 1 ea	4 ea 1 ea	Oranges Sub: Apple Slices	3 ea 2 ea	6 ea 4 ea	6 ea 4 ea	Banana	1/2 ea	1 ea	1 ea	Chef's Choice of fruit	3 ea 2 ea	6 ea 4 ea	6 ea 4 ea	Apple Slices Sub: Banana	2 ea 1/2 ea	4 ea 1 ea	4 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	(CN) Beef & Bean Burrito	1/2 ea	1/2 ea	1 ea	Sweet & Sour Chicken	2 ea	3 ea	4 ea	Sloppy Joes (CN)	1 oz	1 1/2 oz	2 oz	Turkey & Cheese Sandwich	2 s	1 s	3 s	PB&J (CN) Uncrustables String Cheese	1 ea 1/2 ea	1 ea 1/2 ea	1 ea
		WG Flour Tortillia Shell	1/2 ea	1 ea	1 ea	WG Rice	1/4 c	1/4 c	1/2 c	WG Bun	1/2 ea	1/2 ea	1 ea	WG Dinner Roll	1/2 ea	1/2 ea	1 ea	Sub: Turkey Sand. WG Bread	1/2 ea	1/2 ea	1 ea
		Corn	1/4c	1/4c	1/2c	Raw Carrots	1/4c	1/4c	1/2c	Green Beans	1/4c	1/4c	1/2c	Raw Carrots	1/4c	1/4c	1/2c	Mixed Vegetables	1/4c	1/4 c	1/2 c
		Fruit Cocktail Sub: Banana	1/4c	1/4c	1/4c	Applesauce Sub: Banana	1/4c	1/4c	1/4c	Tropical Fruit	1/4c	1/4c	1/4c	Mandarin Oranges	1/4c	1/4c	1/4c	Applesauce Sub: Banana	1/4c	1/4c	1/4c
PM Snack	Choose 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/BREAD JUICE/FRUIT VEGETABLE	Saltine Crackers	4 ea	4 ea	7 ea	Goldfish Crackers	1/4c	1/4c	1/2c	Animal Crackers	1/4c	1/4c	1/2c	String Cheese	1/2 ea	1/2 ea	1 ea	Graham Crackers A whole Cracker	1 ea	1 ea	2ea
		1% Milk Sub:Almond Milk	4oz	6oz	8oz	Sub: Saltine Crackers	4 ea	4ea	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

Menu Prepared by: Amy Payne

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