

Menu for Week Of September 6, 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.				
Am Snack	Choose 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/BREAD JUICE/FRUIT VEGETABLE	NO SCHOOL Labor Day				Strawberry & Grape Juice <i>Sub: Milk</i>	4oz	6oz	8 oz	White Grape Juice <i>Sub: Milk</i>	4oz	6oz	8oz	Apple Juice <i>Sub: Milk</i>	4oz	6oz	8oz	Chef's Choice Juice <i>Sub: Milk</i>	4oz	6oz	8oz
						Ritz Crackers	4 ea	4 ea	7 ea	Animal Crackers <i>Sub: Ritz Crackers</i>	1/4c	1/4c	1/2c	Goldfish Crackers <i>Sub: Chex Mix</i>	1/4c	1/4c	1/2c	Club Crackers	4 ea	4 ea	7 ea
Breakfast	MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/BREAD					Rice Crisp 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 <i>Sub: Apple Slices</i>	3 ea	6 ea	6 ea	Apple slices	2 ea	4 ea	4 ea	Banana	1/2 ea	1 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
Lunch	MILK, FLUID MEAT/MEAT ALTERNATE 1st FRUIT/VEG 2nd FRUIT/VEG GRAIN/BREAD OTHER	NO SCHOOL Labor Day				Ham & Cheese Sandwhich	2s 1s	3s 1s	3s 1s	Sweet & Sour Chicken	2ea	3 ea	4ea	Sloppy Joes	1 oz	1 1/2 oz	2 oz	Peanut Butter/Jelly Uncrustables (CN) <i>Sub: Turkey cheese</i>	1 ea	1 ea	1 ea
						WG Bread	1 s	1 s	2 s	WG Rice	1/4c	1/4 c	1/2c	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	Raw Carrots	1/4c	1/4c	1/2c
						Mixed Fruit <i>Sub: Apple slices</i>	1/4c	1/4c	1/4c	Applesauce	1/4c	1/4c	1/4c	Peaches	1/4c	1/4c	1/4c	Tropical Fruit	1/4c	1/4c	1/4c
						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
PM Snack	Choose 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/BREAD JUICE/FRUIT VEGETABLE					Cheeze Its	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
				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	

Menu Prepared by: Amy Payne

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

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