

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	Choose 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/BREAD JUICE/FRUIT VEGETABLE	Grape Juice Sub: 1% Milk	4oz	6oz	8oz	Very Berry Juice Sub: 1% Milk	4oz	6oz	8oz	Grape Juice Sub: 1% Milk	4oz	6oz	8oz	White Cranberry Peach Juice Sub: 1% Milk	4oz	6oz	8oz	Chef's Choice Juice Sub: 1% Milk	4oz	6oz	8oz
		Apple Cinnamon Chip Muffin	1/2 ea	1/2 ea	1 ea	Pretzels	1/3c	1/3c	2/3c	Ritz Crackers	4 ea	4 ea	7 ea	Club Crackers	4 ea	4 ea	7 ea	Cheeze Its Sub: Ritz Crackers	1/4c	1/4c	1/2c
Breakfast	MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/BREAD	Toasted Oats Cereal	1/2 c	1/2 c	1 c	WG Maple Waffles & WG French Toast	4 ea 2 ea	6 ea 2 ea	8 ea 3 ea	Life Cereal	1/2c	1/2c	1c	Corn Flakes Cereal	1/2c	1/2c	1c	WG Toast W/Peanut Butter Sub: Jelly	2 ea	2 ea	3 ea
		Banana	1/2 ea	1 ea	1 ea	Orange Slices Sub: Banana	3 ea 1/2 ea	6 ea 1 ea	6 ea 1 ea	Apple Slices Sub: Banana	2 ea 1/2 ea	4 ea 1 ea	4 ea 1 ea	Banana	1/2 ea	1 ea	1 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	Chicken Taco W/Pinch of Shredded Cheese	1 oz	1 1/2 oz	2 oz	(CN) PBJ Uncrustables	1/2 ea	1/2 ea	1 ea	Ham & Cheese Roll up or Sandwich	2 s 1 ea	3 s 1 ea	3 s 1 ea	Cheeseburger (CN) Sub: No Cheese	1/2 ea	1/2 ea	1 ea	Chef's Salad W/ Hard Boiled Eggs, Diced Ham & Shredded	1/4c 1/2 ea 1 ea	1/2c 1/2 ea 1 oz	1 c 1 ea 1 oz
		WG Tortillia	1/2 ea	1/2 ea	1 ea	Sub: Deli Sand. WG Breading	1/2 ea	1/2 ea	1 ea	WG Bread	1 s	1 s	2 s	WG Bun	1/2 ea	1/2 ea	1 ea	WG Roll	1/2 ea	1/2 ea	1 ea
		Mixed Vegetables	1/4c	1/4c	1/2c	Raw Carrots Sub: Salad	1/4c	1/4c	1/2c	Sliced Cucumbers	1/4c	1/4c	1/2c	Salad W/Ranch	1/2c	1/2c	3/4c	Corn	1/4c	1/4c	1/2c
		Tropical Fruit	1/4c	1/4c	1/4c	Mixed Fruit Sub: Banana SA Apple	1/4c	1/4c	1/4c	Applesauce Sub: Banana	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	GoldFish Crackers	1/4 c	1/4c	1/2 c	Graham Crackers A whole Cracker	1 ea	1 ea	2 ea	String Cheese	1/2 ea	1/2 ea	1 ea	Saltine Crackers	4 ea	4 ea	7 ea	Animal Crackers	1/4c	1/4c	1/2c
		Sub: Pretzels	1/3c	1/3c	2/3c	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