

Menu for Week of November 29, 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	Very Berry & Grape Juice <i>Sub: 1% Milk</i>	4oz	6oz	8oz	White Grape Juice <i>Sub: 1% Milk</i>	4oz	6oz	8oz	Fruit Punch Juice <i>Sub: 1% Milk</i>	4oz	6oz	8oz	Chef's Choice Juice <i>Sub: 1% Milk</i>	4oz	6oz	8oz	Strawberry Juice <i>Sub: 1% Milk</i>	4oz	6oz	8oz
		Goldfish Crackers <i>Sub: Saltines</i>	1/4 c	1/4 c	1/2 c	Chocolate Chip Muffin	1/2 ea	1/2 ea	1 ea	Chex Mix	1/4c	3/4c	1 1/4c	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	WG Toast W/Peanut Butter	1/2s	1/2s	1s	WG Biscuit w/Jelly	1/2 ea	1/2 ea	1 ea	(CN) Pancake sausage bites WG	3 ea	3 ea	6 ea	Life Cereal	1/2c	1/2c	1c	WG Toast W/Jelly	1/2 s	1/2 s	1 s
		Orange Slices <i>Sub: Banana</i>	3 ea 1/2e a	6 ea 1 ea	6 ea 1 ea	Apple Slices <i>Sub: Banana</i>	2 ea 1/2e a	4 ea 1 ea	4 ea 1 ea	Banana	1/2e a	1 ea	1 ea	Apple Slices <i>Sub: Banana</i>	2 ea 1/2e a	4 ea 1 ea	4 ea 1 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	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	Chicken Nuggets	3 ea	4 ea	5 ea	Chicken Sandwich (CN)	1/2 ea	1/2 ea	1 ea	Beef Taco (CN) W/Shredded Cheese	1oz	1 1/2 oz	2oz	(CN) Hotdog	1/2 ea	1ea	1ea	(CN) Cheese Pizza	1/2 ea	1 ea	1 ea
		WG Bread	1/2 s	1/2 s	1 s	WG Bun	1/2 ea	1/2 ea	1 ea	WG Flour Tortillia Shell	1/2 ea	1/2 ea	1 ea	WG Bun	1/2 ea	1 ea	1 ea	WG Breading			
		Mixed Vegetables	1/4c	1/4c	1/2c	Green Beans	1/4c	1/4c	1/2 c	Corn	1/4c	1/2 c	1 c	Raw Carrots <i>Sub: Salad</i>	1/4c	1/4c	1/2c	Salad W/Ranch <i>Sub: Italian</i>	1/4c	1/4c	1/2c
		Mixed Fruit <i>Sub: Applesuace</i>	1/4c	1/4c	1/4c	Applesauce <i>Sub: Peaches</i>	1/4c	1/4c	1/4c	Mandarin Oranges & Tropical Fruit <i>Sub: Applesuace</i>	1/4c	1/4c	1/4c	Peaches	1/4c	1/4c	1/4c	Pears	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	1% Milk <i>Sub: Almond Milk</i>	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 A whole Cracker	1 ea	1 ea	2 ea	Ritz Crackers	4 ea	4 ea	7 ea	Cheez It Cracers	1/4c	1/4c	1/2c
		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	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