

Menu # 2	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	Choose2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD JUICE/FRUIT VEGETABLE	Apple & Raspberry 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	White Grape Juice Sub: 1% Milk	4oz	6oz	8oz	Strawberry Kiwi Juice Sub: 1% Milk	4oz	6oz	8oz
		Banana Muffin	1/2 ea	1/2 ea	1 ea	Club Crackers	4 ea	4 ea	7 ea	String Cheese	1/2 ea	1/2 ea	1 ea	Pretzels	1/3c	1/3c	2/3c	Goldfish Crackers	1/4c	1/4c	1/2c
		Sub: Saltine Crakers	4 ea	4 ea	7 ea					Sub: Club Crackers	4 ea	4 ea	7 ea					Sub: Saltine Crackers	4 ea	4 ea	7 ea
Breakfast		WG Toast W/ Peanut Butter	1/2 s	1/2 s	1 s	Rice Crisp Cereal	1/2 c	1/2 c	1 c	Biscuit W/Jelly	1/2 s	1/2 s	1 s	Corn Flakes Cereal	1/2c	1/2c	1c	WG Toast W/Cinnamon	1/2 s	1/2 s	1s
		Bananas	1/2 ea	1 ea	1 ea	Apple Slices Sub: Banana	2 ea 1/2 ea	4 ea 1 ea	4 ea 1 ea	Orange Slices Sub: Apple Slices	3 ea 2 ea	6 ea 4 ea	6 ea 4 ea	Bananas	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		(CN) Meatballs	3 ea	4 ea	5 ea	Pizza Quesadilla	1/2 ea	1 ea	1 ea	Ham & Cheese Roll Up	1 oz	1 1/2 oz	2oz	Chicken Drummys (CN)	3 ea	3 ea	4 ea	Fish Stars (CN)	3 ea	3 ea	4 ea
		WG Dinner Roll	1/2 ea	1/2 ea	1 ea	WG Breading				WG Flour Tortillia	1/2 ea	1/2 ea	1 ea	WG Bread	1/2 s	1/2 s	1/2s	WG Bread	1/2 s	1/2 s	1/2 s
		Peas	1/4c	1/4 c	1/2c	Green Beans	1/4c	1/4c	1/2c	Cucumbers	1/4c	1/4c	1/2c	Mixed Vegetables	1/4c	1/4c	1/2c	Salad W/ Ranch	1/4c	1/4c	1/2c
		Tropical Fruit	1/4c	1/4c	1/4c	Mixed Fruit	1/4c	1/4c	1/4c	Applesauce Sub: Banana	1/4c	1/4c	1/4c	Mandarin Oranges	1/4c	1/4c	1/4c	Pineapple Sub: 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	1% Milk Sub: Almond Milk	4oz	6oz	8oz	
PM Snack	Choose2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD JUICE/FRUIT VEGETABLE	Graham Crackers A Whole Cracker	1 ea	1 ea	2 ea	Ritz Crackers	4 ea	4 ea	7 ea	Saltine Crackers	4 ea	4 ea	7 ea	Animal Crackers	1/4c	1/4c	1/2c	Cheez-It Crackers Sub:Club Crackers	1/4 c 4 ea	1/4 c 4 ea	1/2 c 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	1% Milk Sub: Almond Milk	4oz	6oz	8oz

Menu Prepared by: Amy Payne

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