

Menu for Week of January 10, 2022

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	Choose2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD JUICE/FRUIT VEGETABLE	Apple Juice Sub: 1% Milk	4oz	6oz	8oz	Strawberry Juice Sub: 1% Milk	4oz	6oz	8oz	Grape Juice Sub: 1% Milk	4oz	6oz	8oz	Chef's Choice Juice Sub: 1% Milk	4oz	6oz	8oz	Apple Juice Sub: 1% Milk	4oz	6oz	8oz
		Chocolate Chip Muffin	1/2e a	1/2e a	1ea	Goldfish Crackers Sub: Saltines	1/4c	1/4c	1/2c	Club Crackers	4 ea	4 ea		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	Rice Crisp Cereal	1/2 c	1/2 c	1 c	(WG) French Toast Sticks	2 ea	2 ea	3 ea	Life Cereal	1/2c	1/2c	1c	WG Toast W/Jelly	1/2 s	1/2 s	1 s
		Banana	1/2e a	1 ea	1 ea	Apple Slices Sub: Banana	2 ea 1/2e a	4 ea 1 ea	4 ea 1 ea	Banana	1/2e a	1 ea	1 ea	Apple Slices Sub: Banana	2 ea 1/2e a	4 ea 1 ea	4 ea 1 ea	Orange Slices Sub: Banana	3 ea 1/2e a	6 ea 1 ea	6 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 Nuggets	3 ea	4 ea	5 ea	Ham & Cheese Sandwhich	1 oz	1 1/2oz	2 oz	Beef Taco (CN) W/Shredded Cheese	1oz	1 1/2 oz	2oz	(CN) Hotdog	1/2 ea	1ea	1 ea	(CN) Cheese Pizza	1/2 ea	1 ea	1 ea
		WG Bread	1/2 s	1/2 s	1 s	Dinner Roll WG	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			
		Corn	1/4c	1/4c	1/2c	Raw Carrots Sub:Salad	1/4c	1/4c	1/2 c	Mixed Vegetables Mandarin Oranges & Tropical Fruit Sub:Applesuace	1/4c	1/2 c	1 c	Green Beans	1/4c	1/4c	1/2c	Salad W/Ranch Sub: Italian	1/4c	1/4c	1/2c
		Mixed Fruit Sub:Applesuace	1/4c	1/4c	1/4c	Applesauce Sub: Peaches	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
PM Snack	Choose2 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 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

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