

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	Food Item	1-2 yr	3-5 yr	6+ yrs.
Am Snack	Choose2 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	Clear Cherry Juice Sub: 1% Milk	4oz	6oz	8oz	Strawberry Kiwi Juice Sub: 1% Milk	4oz	6oz	8oz	Sub: 1% Milk	4oz	6oz	8oz
	Blueberry Muffin (CN)	1/2	1/2	1	Cheez-It Crackers	1/4c	1/4c	1/2c	Pub Mix	1/4c	1/4c	1/2c	Graham Crackers	1	1	2		1/2	1/2	1
Breakfast	Corn Flakes	1/2 c	1/2 c	1 c	French Toast Sticks (CN)	2	2	3	Life Cereal	1/2c	1/2c	1c	Sausage Biscuit (CN)	1/2	1/2	1		3	3	5
	MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/ BREAD Apple Slices	2	4	4	Orange Slices Sub: Banana	3 1/2	3 1	6 1	Banana	1/2	1	1	Apple Slices	2	4	4		3 1/2	3 1	6 1
	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		4oz	6oz	8oz
Lunch	Fish Stars (CN)	3	3	4	Cheeseburger (CN) Sub: No Cheese	1/2	1/2	1	Chicken Alfredo Diced Chicken	1/8c	1/8c	1/4c	Macaroni & Cheese (CN)	4oz	4oz	6oz		1/2	1/2	1
	MILK, FLUID MEAT/MEAT ALTERNATE 1st FRUIT/VEG 2nd FRUIT/VEG GRAIN/BREAD OTHER WG Breeding				WG Bun	1/2	1/2	1	WG Pasta Alfredo Sauce	1/2c	1/2c	1c	WG Pasta	4oz	4oz	6oz	Closed for Good Friday	1/2	1/2	1
	Cooked Carrots	1/4c	1/4c	1/2c	Corn	1/4c	1/4c	1/2c	Broccoli	1/4c	1/4c	1/2c	Green Beans	1/4c	1/4c	1/2 c		1/2c	1/2c	3/4c
	Mandarin Oranges	1/4c	1/4c	1/4c	Diced Peaches	1/4c	1/4c	1/4c	Applesauce	1/4c	1/4c	1/4c	Mixed Fruit	1/4c	1/4c	1/4c		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		4oz	6oz	8oz
PM Snack	Animal Crackers	1/4c	1/4c	1/2	Pretzels	1/3c	1/3c	2/3c	Chex Mix	3/4c	3/4	1c	Goldfish	1/4 c	1/4c	1/2c		4	4	7
	Choose2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD JUICE/FRUIT VEGETABLE 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		4oz	6oz	8oz

Menu Prepared by: Ruth Roembke

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