

Menu # 2		Monday			Tuesday			Wednesday			Thursday			Friday							
		Food Item	1-2 y	3-5 y	6+ yrs	Food Item	1-2 y	3-5 y	6+ yrs	Food Item	1-2 y	3-5 y	6+ yrs	Food Item	1-2 y	3-5 y	6+ yrs.				
Am Snack	Choose 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/BREAD JUICE/FRUIT VEGETABLE	Grape Juice <i>Sub: 1% Milk</i>	4oz	6oz	8oz	Strawberry Kiwi Juice <i>Sub: 1% Milk</i>	4oz	6oz	8oz	Mountain Berry Juice <i>Sub: 1% Milk</i>	4oz	6oz	8oz	Orange Pineapple Juice <i>Sub: 1% Milk</i>	4oz	6oz	8oz	Fruit Punch Juice <i>Sub: 1% Milk</i>	4oz	6oz	8oz
		Apple Cinnamon Muffin (CN)	1/2	1/2	1	Ritz Crackers	4	4	7	Animal Crackers	1/4c	1/4c	1/2c	Pub Mix	1/4c	1/4c	1/2c	String Cheese	1/2	1	1
Breakfast	MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/BREAD	Biscuit W/Jelly	1/2	1/2	1	Ham Muffin Sandwich (CN)	3	3	5	Corn Flakes	1/2c	1/2c	1c	WG Breakfast Burrito (CN)	1/2	1	1	Rice Crispies	1/2c	1/2c	1c
		Apple Slices	2	4	4	Oranges	3	6	6	Banana	1/2	1	1	Apple Slices	2	4	4	Oranges	3	6	6
		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	Pepperoni Pizza (CN)	1/2	1	1	Goulash	1/4c	1/2c	3/4c	Cheesy Chicken & Rice Diced Chicken	1/2c	3/4c	1c	Chef Salad Hard Boiled Egg	1/2c	3/4c	1c	Chicken Nuggets (CN)	3	4	5
		WG Crust				Elbow Noodles	1/4c	1/4c	1/2c	Rice	1/3c	1/2c	3/4c	WG Roll Diced Ham	1/2	1/2	1	WG Breading			
		Mixed Vegetables	1/4c	1/4c	1/2c	Corn	1/4c	1/4c	1/2c	Broccoli	1/4c	1/4c	1/2c	Salad	1/2c	3/4c	1c	Mixed Vegetables	1/4c	1/4c	1/2c
		Applesauce	1/4c	1/4c	1/4c	Diced Pears	1/4c	1/4c	1/4c	Diced Peaches	1/4c	1/4c	1/4c	Tropical Fruit	1/4c	1/4c	1/4c	Diced 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
		Graham Cracker	1	1	2	Chex Mix	3/4c	3/4c	1c	Goldfish Crackers		1/4c	1/2c	Pretzels	1/3c	1/3c	2/3c	Trail Mix	1/4c	1/4c	1/2c
PM Snack	Choose 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/BREAD JUICE/FRUIT VEGETABLE	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: Ruth Roembke

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