

Menu # 3		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	White Cran. Peach Juice Sub: 1% Milk	4oz	6oz	8oz	Mixed Juice Sub: 1% Milk	4oz	6oz	8oz	Mixed Juice	4oz	6oz	8oz	White Grape Juice Sub: 1% Milk	4oz	6oz	8oz	Clear Raspberry Juice Sub: Milk	4oz	6oz	8oz
		String Cheese	1/2	1/2	1	Animal Crackers	1/4c	1/4c	1/2c	Chex Mix	3/4c	3/4c	1c	Banana Muffin	1/2	1	1	Graham Cracker	1	1	2
Breakfast	MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/ BREAD	Cinnamon Toast	1/2	1/2	1	Breakfast Pizza (CN)	1/2	1/2	1	Life Cereal	1/2c	1/2c	1c	Bagel W/Cream Cheese	1/2	1/2	1	Rice Crispiers	1/2c	1/2c	3/4c
		Oranges Sub: Apple Slices	3 2	6 4	6 4	Apple Slices	2	4	4	Banana	1/2	1	1	Oranges Sub: Apple Slices	3 2	6 4	6 4	Orange Slices Sub: Apple Slices	2 4	2 4	3 6
		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 Sandwich (CN)	1/2	1/2	1	Swedish Meatballs (CN)	2	3	3	Ham & Scalloped Potatoes Diced Ham	1/3c 1/8c	1/2c 1/8c	3/4c 1/4c	PB & Jelly Sandwich	1/2	1/2	1	Bosco Sticks (CN)	1	1 1/2	2
		WG Bun	1/2	1/2	1	WG Egg Noodles	1/4c	1/4c	1/2c	WG Roll	1/2		1	WG Bread				WG Breadstick			
		Green Beans	1/2c	1/2c	3/4c	Corn	1/4c	1/4c	1/2c	Scalloped Potatoes	1/4c	1/4c	1/2c	Carrots W/ Ranch	1/2c	1/2c	1c	Broccoli	1/4c	1/4c	1/2c
		Diced Peaches	1/4c	1/4c	1/4c	Mandarin Oranges	1/4c	1/4c	1/4c	Diced Pears	1/4c	1/4c	1/4c	Grapes	1/4c	1/4c	1/4c	Fruit Cocktail	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	Choose 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD JUICE/FRUIT VEGETABLE	Goldfish Crackers	1/4c	1/4c	1/2c	Pub Mix	1/4c	1/4c	1/2c	Pretzels	1/3c	1/3c	2/3c	Cheez-It Crackers	1/4c	1/4c	1/2c	Ritz Crackers	4	4	7
		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: Ruth Roembke

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