

Menu # 4		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	Very Berry Juice Sub: 1% Milk	4oz	6oz	8oz	Orange Pineapple Juice Sub: 1% Milk	4oz	6oz	8oz	Clear Cherry Juice Sub: 1% Milk	4oz	6oz	8oz	Mixed Juice Sub: 1% Milk	4oz	6oz	8oz	Fruit Punch Juice Sub: 1% Milk	4oz	6oz	8oz
	Goldfish	1/4	1/4	1/2	Animal Crackers	1/4c	1/4c	1/2c	Pub Mix	1/4c	1/4c	1/2c	String Cheese	1/2	1/2	1	Blueberry Muffin	1/2	1	1	
Breakfast	MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/ BREAD	Cinnamon Toast	1/2	1/2	1	Corn Flakes	1/2c	1/2c	1c	Life Cereal	1/2c	1/2c	1c	French Toast Sticks (CN)	2	2	3	Biscuit W/Jelly	1/2	1/2	1
	Apple Slices	2	4	4	Banana	1/2	1	1	Orange Slices	3	3	6	Apple Slices	2	4	4	Orange Slices	3	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	Beef Tacos Diced Chicken	1 1/8c	1 1/8c	2 1/4c	Corn Dog (CN)	1	1	1	Bosco Sticks	1/2	1	1	Sub Sandwich	1/2	1/2	1	Chicken Nuggets (CN)	3	4	5
	Taco Shell	1	1	2	WG Breading	1/2	1/2	1	WG Breadstick				Sub Bun	1/2	1/2	1	WG Breading				
	Corn	1/4c	1/4c	1/2c	Broccoli	1/4c	1/4c	1/2c	Green Beans	1/4c	1/4c	1/2c	Sliced Cucumbers	4	4	6	Peas & Carrots	1/2c	1/2c	3/4c	
	Diced Peaches	1/4c	1/4c	1/4c	Diced Pears	1/4c	1/4c	1/4c	Fruit Cocktail	1/4c	1/4c	1/4c	Applesauce	1/4c	1/4c	1/4c	Pineapple	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	Chex Mix	3/4c	3/4c	1 c	Cheez-It Crackers	1/4c	1/4c	1/2c	Trail Mix	1/4c	1/4c	1/2c	Pretzels	1/3c	1/3c	2/3c	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

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