

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	Food Item	1-2 y	3-5 y	6+ yrs
Am Snack Choose 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD JUICE/FRUIT VEGETABLE	Closed for Memorial Day				Mixed Juice <i>Sub: 1% Milk</i>	4oz	6oz	8oz	Mixed Juice	4oz	6oz	8oz	White Grape Juice <i>Sub: 1% Milk</i>	4oz	6oz	8oz	Clear Raspberry Juice <i>Sub: Milk</i>	4oz	6oz	8oz
					Goldfish Crackers	1/4c	1/4c	1/2c	Banana Muffin	1/2	1	1	Cheez-It Crackers	1/4c	1/4c	1/2c	Graham Cracker	1	1	2
Breakfast MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/ BREAD	Closed for Memorial Day				Breakfast Pizza (CN)	1/2	1/2	1	Life Cereal	1/2c	1/2c	1c	Bagel W/Cream Cheese (CN)	1/2	1/2	1	Corn Flakes	1/2c	1/2c	3/4c
					Apple Slices 1% Milk <i>Sub: Almond, Oat or Lactaid Milk</i>	2	4	4	Banana 1% Milk <i>Sub: Almond, Oat or Lactaid Milk</i>	1/2	1	1	Oranges <i>Sub: Apple Slices</i> 1% Milk <i>Sub: Almond, Oat or Lactaid Milk</i>	3 2	6 4	6 4	Sliced Strawberries 1% Milk <i>Sub: Almond, Oat or Lactaid Milk</i>	1/4	1/2	1/2
Lunch MILK, FLUID MEAT/MEAT ALTERNATE 1st FRUIT/VEG 2nd FRUIT/VEG GRAIN/BREAD OTHER	Closed for Memorial Day				Macaroni & Cheese (CN) <i>Sub: Chicken Nuggets</i>	1/3c 3	1/3c 4	1/2c 5	Ham & Scalloped Potatoes Diced Ham	1/3c 1/8c	1/2c 1/8c	3/4c 1/4c	Chicken Sandwich (CN)	1/2	1/2	1	Pizza Quesadilla (CN)	1/2	1	1
					WG Noodles	1/2	1	1	WG Roll	1/2	1	WG Bun	1/2	1/2	1	WG Crust				
					Corn	1/4c	1/4c	1/2c	Scalloped Potatoes	1/4c	1/4c	1/2c	Green Beans	1/2c	1/2c	3/4c	Broccoli	1/4c	1/4c	1/2c
					Fruit Cocktail 1% Milk <i>Sub: Almond Milk</i>	1/4c 4oz	1/4c 6oz	1/4c 8oz	Diced Pears 1% Milk <i>Sub: Almond, Oat or Lactaid Milk</i>	1/4c 4oz	1/4c 6oz	1/4c 8oz	Diced Peaches 1% Milk <i>Sub: Almond, Oat or Lactaid Milk</i>	1/4c 4oz	1/4c 6oz	1/4c 8oz	Tropical Fruit 1% Milk <i>Sub: Almond, Oat or Lactaid Milk</i>	1/4c 4oz	1/4c 6oz	1/4c 8oz
					Pub Mix	1/4c	1/4c	1/2c	Animal Crackers	1/4c	1/4c	1/2c	Chex Mix	3/4c	3/4c	1c	Ritz Crackers	4	4	7
					1% Milk <i>Sub: Almond, Oat or Lactaid Milk</i>	4oz	6oz	8oz	1% Milk <i>Sub: Almond, Oat or Lactaid Milk</i>	4oz	6oz	8oz	1% Milk <i>Sub: Almond, Oat or Lactaid Milk</i>	4oz	6oz	8oz	Sub: Club Crackers 1% Milk <i>Sub: Almond, Oat or Lactaid Milk</i>	4oz	6oz	8oz
PM Snack Choose 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD JUICE/FRUIT VEGETABLE	Closed for Memorial Day																			

Menu Prepared by: Taylor Heckley

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