

Menu for Week of May 9, 2022

Menu # 5		Monday			Tuesday			Wednesday			Thursday			Friday							
		1-2 y	3-5 y	6+ yrs.	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	Raspberry Juice Sub: 1% Milk	4oz	6oz	8oz	Clear Mountain Berry Juice Sub: 1% Milk	4oz	6oz	8oz	Mixed Juice Sub: 1% Milk	4oz	6oz	8oz	Mixed Juice Sub: 1% Milk	4oz	6oz	8oz
		Cheez-It Crackers	1/4c	1/4c	1/2c	Goldfish Crackers	1/4c	1/4c	1/2c	Chex Mix	3/4c	3/4c	1c	String Cheese	1/2	1/2	1	Pretzels	1/3c	1/3c	2/3c
Breakfast	MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/BREAD	Toast W/Jelly	1/2	1	1	Rice Crisp Cereal	1/2 c	1/2 c	1 c	Biscuit W/Jelly	1/2	1/2	1	Life Cereal	1/2c	1/2c	1c	Bagel W/ Cream Cheese (CN)	1/2	1/2	1
		Apple Slices	2	4	4	Orange Slices	3	3	4	Banana	1/2	1	1	Apple Slices	2	4	4	Orange Slices	3	3	4
		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	BBQ Meatballs (CN)	2	3	4	Macaroni & Cheese Sub: Chicken Nuggets	1/3c 3	1/3c 4	1/2c 5	Bosco Sticks (CN)	1	2	3	Hot Dog (CN)	1/2	1	1	Cheese Ravioli (CN)	7	9	9
		WG Roll	1/2	1/2	1	WG Noodles	1/2	1	1	WG Breadstick				WG Bun	1/2	1	1	WG Pasta			
		Mashed Potatoes	1/4c	1/2 c	1 c	Sliced Cucumbers	4	4	6	Tator Tots	1/4c	1/4c	1/2 c	Mixed Vegetables	1/4c	1/4c	1/2c	Salad W/ Ranch	1/2c	1/2c	1c
		Mandarin Oranges	1/4c	1/4c	1/4c	Diced Peaches	1/4c	1/4c	1/4c	Fruit Cocktail	1/4c	1/4c	1/4c	Applesauce	1/4c	1/4c	1/4c	Pears	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	Pub Mix	1/4c	1/4c	1/2c	Animal Crackers	1/4c	1/4c	1/2c	Trail Mix	1/4c	1/4c	1/2c	Ritz Crackers	4	4	7	Ranch Oyster Crackers	1/4c	1/4c	1/2c
		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