

Menu # 1	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	Grape Juice Sub: 1% Milk	4oz	6oz	8oz	Very Berry Juice Sub: 1% Milk	4oz	6oz	8oz	Clear Cherry Juice Sub: 1% Milk	4oz	6oz	8oz	Strawberry Kiwi Juice Sub: 1% Milk	4oz	6oz	8oz	Apple Juice Sub: 1% Milk	4oz	6oz	8oz
	Animal Crackers	1/4c	1/4c	1/2	Ritz Crackers	4	4	7	String Cheese	1/2	1/2	1	Goldfish	1/4 c	1/4c	1/2c	Blueberry Muffin	1/2	1	1
Breakfast MILK, FLUID JUICE, FRUIT VEGETABLE GRAIN/ BREAD	Corn Flakes	1/2c	1/2c	1c	French Toast Sticks (CN)	2	2	3	Toasted Oat Cereal	1/2c	1/2c	1c	Peanut Butter Toast	1/2	1/2	1	Pancake Sausage Bites (CN)	3	3	5
	Strawberries 1% Milk Sub: Almond, Oat or Lactaid Milk	1/4c	1/4c	1/2c	Orange Slices Sub: Banana 1% Milk Sub: Almond, Oat or Lactaid Milk	3 1/2	3 1	6 1	Apple Slices 1% Milk Sub: Almond, Oat or Lactaid Milk	2	4	4	Banana 1% Milk Sub: Almond, Oat or Lactaid Milk	1/2	1	1	Orange Slices Sub: Banana 1% Milk Sub: Almond, Oat or Lactaid Milk	3 1/2	3 1	6 1
Lunch MILK, FLUID MEAT/MEAT ALTERNATE 1st FRUIT/VEG 2nd FRUIT/VEG GRAIN/BREAD OTHER	Fish Stars (CN)	3	3	4	Chef's Choice	1/2	1/2	1	Chicken Alfredo (CN) Diced Chicken	1/8c	1/8c	1/4c	Cheeseburger (CN) Sub: No Cheese	1/2	1/2	1	Chicken Sandwich (CN)	1/2	1/2	1
	WG Breading							WG Pasta Alfredo Sauce	1/2c	1/2c	1c	WG Bun	1/2	1/2	1	WG Bun	1/2	1/2	1	
	Green Beans	1/2c	1/2c	3/4c	Sliced Cucumbers	4	4	6	Broccoli	1/4c	1/4c	1/2c	Mixed Vegetables	1/4c	1/4c	1/2c	Salad W/Ranch	1/2c	1/2c	3/4c
	Mandarin Oranges	1/4c	1/4c	1/4c	Pears	1/4c	1/4c	1/4c	Applesauce	1/4c	1/4c	1/4c	Blueberries	1/4c	1/4c	1/4c	Diced 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	Cheeze-It Crackers	1/4c	1/4c	1/2c	Soft Pretzels	1/2	1	1	Chocolate Muffin	1/2	1	1	Graham Crackers	1	1	2	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: Taylor Heckley

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