

Menu # 2		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	Grape Juice <i>Sub: 1% Milk</i>	4oz	6oz	8oz	Strawberry Kiwi Juice <i>Sub: 1% Milk</i>	4oz	6oz	8 oz	Mixed Juice <i>Sub: 1% Milk</i>	4oz	6oz	8oz	Orange Pineapple Juice <i>Sub: 1% Milk</i>	4oz	6oz	8oz	Mixed Juice <i>Sub: 1% Milk</i>	4oz	6oz	8oz
		Chex Mix	3/4	3/4	1c	Chocolate Chip Muffin	1/2	1	1	Goldfish Crackers	1/4c	1/4c	1/2c	Croutons	1/4c	1/4c	1/2c	String Cheese	1/2	1	1
Breakfast	MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/ BREAD	Vanilla Yogurt (CN)	1/2 c	1/2 c	1c	Honey Smacks Cereal (CN)	1/2	1	1	Sausage Biscuit (CN)	1/2	1/2	1	Corn Flakes	1/2c	1/2c	1c	Rice Crispies	1/2c	1/2c	1c
		Sliced Strawberries 1% Milk <i>Sub: Almond, Oat or Lactaid Milk</i>	1/4c	1/2c	1/2c	Apple Slices 1% Milk <i>Sub: Almond, Oat or Lactaid Milk</i>	2	4	4	Watermelon 1% Milk <i>Sub: Almond, Oat or Lactaid Milk</i>	1/4c	1/2c	1/2c	Oranges 1% Milk <i>Sub: Almond, Oat or Lactaid Milk</i>	3	6	6	Banana 1% Milk <i>Sub: Almond, Oat or Lactaid Milk</i>	1/2	1	1
Lunch	MILK, FLUID MEAT/MEAT ALTERNATE 1st FRUIT/VEG 2nd FRUIT/VEG GRAIN/BREAD OTHER	Pepperoni Pizza (CN)	1/2	1	1	Corn Dog (CN)	3	4	5	Cheesy Chicken & Rice Diced Chicken	1/2c	3/4c	1c	Chef Salad Hard Boiled Egg	1/2c	3/4c	1c	Chicken Nuggets (CN)	3	4	5
		WG Crust				WG Breeding				Rice	1/3c	1/2c	3/4c	WG Roll Diced Ham	1/2	1/2	1	WG Breeding			
		Mixed Vegetables	1/4c	1/4c	1/2c	Carrots	1/4c	1/4c	1/2c	Broccoli	1/4c	1/4 c	1/2 c	Salad	1/2c	3/4c	1c	Mixed Vegetables	1/4c	1/4 c	1/2 c
		Kiwi 1% Milk <i>Sub: Almond, Oat or Lactaid Milk</i>	1/4c	1/4c	1/4c	Pears 1% Milk <i>Sub: Almond, Oat or Lactaid Milk</i>	1/4c	1/4c	1/4c	Diced Peaches 1% Milk <i>Sub: Almond, Oat or Lactaid Milk</i>	1/4c	1/4c	1/4c	Applesauce 1% Milk <i>Sub: Almond, Oat or Lactaid Milk</i>	1/4c	1/4c	1/4c	Diced Pears 1% Milk <i>Sub: Almond, Oat or Lactaid Milk</i>	1/4c	1/4c	1/4c
PM Snack	Choose 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD JUICE/FRUIT VEGETABLE	Hummus	1/4c	1/4c	1/4c	Cheez Its	1/4c	1/4c	1/2c	Animal Crackers	1/4c	1/4c	1/2c	Graham Cracker	1	1	2	Trail Mix	1/4c	1/4c	1/2c
		WG Pita Bread 1% Milk <i>Sub: Almond Milk</i>	1/4	1/4	1/2		4oz	6oz	8oz	1% Milk <i>Sub: Almond Milk</i>	4oz	6oz	8oz	1% Milk <i>Sub: Almond Milk</i>	4oz	6oz	8oz	1% Milk <i>Sub: Almond Milk</i>	4oz	6oz	8oz

Menu Prepared by: Taylor Heckley

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