

		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 <i>Sub: 1% Milk</i>	4oz	6oz	8oz	Orange Pineapple Juice <i>Sub: 1% Milk</i>	4oz	6oz	8oz	Clear Cherry Juice <i>Sub: 1% Milk</i>	4oz	6oz	8oz	Mixed Juice <i>Sub: 1% Milk</i>	4oz	6oz	8oz	Fruit Punch Juice <i>Sub: 1% Milk</i>	4oz	6oz	8oz
		Goldfish	1/4	1/4	1/2	Animal Crackers	1/4c	1/4c	1/2c	Cinnamon Muffins	1/2	1/2	1	String Cheese	1/2	1/2	1	Blueberry Muffin	1/2	1	1
Breakfast	MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/BREAD	Cinnamon Toast (WG)	1/2	1/2	1	Vanilla Yogurt (CN)	1/2 c	1/2 c	1c	Life Cereal (WG)	1/2c	1/2c	1c	French Toast Sticks (CN)	2	2	3	Biscuit W/Jelly	1/2	1/2	1
		Apple Slices 1% Milk <i>Sub: Almond Milk</i>	2 4oz	4 6oz	4 8oz	Banana 1% Milk <i>Sub: Almond Milk</i>	1/2 4oz	1 6oz	1 8oz	Orange Slices 1% Milk <i>Sub: Almond Milk</i>	3 4oz	3 6oz	6 8oz	Apple Slices 1% Milk <i>Sub: Almond Milk</i>	2 4oz	4 6oz	4 8oz	Orange Slices 1% Milk <i>Sub: Almond Milk</i>	3 4oz	3 6oz	6 8oz
Lunch	MILK, FLUID MEAT/MEAT ALTERNATE 1st FRUIT/VEG 2nd FRUIT/VEG GRAIN/BREAD OTHER	Beef Tacos (CN) Diced Chicken	1 1/8c	1 1/8c	2 1/4c	Sub Sandwich	1/2	1/2	1	Sweet & Sour Chicken	1/4 c	1/4 c	1/2 c	Corn Dog (CN)	3	4	5	Chicken Nuggets (CN)	3	4	5
		Taco Shell	1	1	2	Sub Bun	1/2	1/2	1	Brown Rice	1/4 c	1/4 c	1/2 c	WG Breading				WG Breading	1/2	1/2	1
		Corn	1/4c	1/4c	1/2c	Sliced Cucumbers	4	4	6	Green Beans	1/4c	1/4c	1/2c	Peas & Carrots	1/2c	1/2c	3/4c	Broccoli	1/4c	1/4c	1/2c
		Diced Peaches 1% Milk <i>Sub: Almond Milk</i>	1/4c 4oz	1/4c 6oz	1/4c 8oz	Applesauce 1% Milk <i>Sub: Almond Milk</i>	1/4c 4oz	1/4c 6oz	1/4c 8oz	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 Milk</i>	1/4c 4oz	1/4c 6oz	1/4c 8oz	Pineapple 1% Milk <i>Sub: Almond Milk</i>	1/4c 4oz	1/4c 6oz	1/4c 8oz
		Chex Mix	3/4c	3/4c	1c	Cheeze-It Crackers	1/4c	1/4c	1/2c	Trail Mix	1/4c	1/4c	1/2c	Soft Pretzels	1/2.	1	1	Ritz Crackers	4	4	7
PM Snack	Choose 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/BREAD JUICE/FRUIT VEGETABLE	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	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