

Menu for Week of July 18, 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	Pineapple Orange Juice Sub: 1% Milk	4oz	6oz	8oz	Strawberry Kiwi Juice Sub: 1% Milk	4oz	6oz	8oz	Mixed Juice Sub: 1% Milk	4oz	6oz	8oz	Cherry Juice Sub: 1% Milk	4oz	6oz	8oz	Very Berry Juice Sub: 1% Milk	4oz	6oz	8oz
		Goldfish Crackers	1/4c	1/4c	1/2c	Ranch Oyster Crackers	1/4c	1/4c	1/2c	Chex Mix	3/4c	3/4c	1c	Chocolate Chip Muffin	1/2	1/2	1	Pretzels	1/3c	1/3c	2/3c
Breakfast	MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/ BREAD	Assorted Cereal	1/2	1/2	1	Peanut Butter Toast	1/2	1/2	1	Oatmeal Bake (HM)	1/2	1/2	1	Life Cereal	1/2c	1/2c	1c	Bagel W/ Cream Cheese (CN)	1/2	1/2	1
		Blueberries 1% Milk Sub: Almond, Oat or Lactaid Milk	1/4c	1/4c	1/2c	Orange Slices 1% Milk Sub: Almond, Oat or Lactaid Milk	3	6	6	Banana 1% Milk Sub: Almond, Oat or Lactaid Milk	1/2	1	1	Strawberries 1% Milk Sub: Almond, Oat or Lactaid Milk	1/4c	1/4c	1/2c	Grapes 1% Milk Sub: Almond, Oat or Lactaid Milk	1/4c	1/4c	1/4c
Lunch	MILK, FLUID MEAT/MEAT ALTERNATE 1st FRUIT/VEG 2nd FRUIT/VEG GRAIN/BREAD OTHER	BBQ Meatballs (CN)	2	3	4	Sandwich Wraps	1/2	1/2	1	Chicken Alfredo (CN) Diced Chicken	1/8c	1/8c	1/4c	Hof Dog (CN)	1/2	1	1	Hamburger	1/2	1/2	1
		WG Wrap	1/2	1/2	1	WG Tortilla	1/2	1/2	1	WG Pasta Alfredo Sauce	1/2c	1/2c	1c	WG Bun	1/2	1	1	WG Bun	1/2	1	1
		Mashed Potatoes	1/4c	1/2 c	1 c	Raw Carrots & Ranch	4	4	6	Broccoli	1/4c	1/4c	1/2 c	Green Beans	1/4c	1/4c	1/2c	Salad W/ Ranch	1/2c	1/2c	1c
		Diced Peaches 1% Milk Sub: Almond Milk	1/4c	1/4c	1/4c	Watermelon Chunks 1% Milk Sub: Almond Milk	1/4c	1/4c	1/2c	Fruit Cocktail 1% Milk Sub: Almond Milk	1/4c	1/4c	1/4c	Applesauce 1% Milk Sub: Almond Milk	1/4c	1/4c	1/4c	Pears 1% Milk Sub: Almond Milk	1/4c	1/4c	1/4c
PM Snack	Choose 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD JUICE/FRUIT VEGETABLE	Animal Crackers	1	1	2	Graham Cracker	1	1	2	Trail Mix	1/2c	1/2c	1c	Club Crackers	4	4	7	Cheez-It 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: Taylor Heckley

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Key
Allergy Substitutions are in *italics*
{CN}-Child Nutrition Labels