

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				
Am Snack	Choose 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD JUICE/FRUIT VEGETABLE	Grape Juice <i>Sub: 1% Milk</i>	4oz	6oz	8oz	Very Berry Juice <i>Sub: 1% Milk</i>	4oz	6oz	8oz	Clear Cherry Juice <i>Sub: 1% Milk</i>	4oz	6oz	8oz	Strawberry Kiwi Juice <i>Sub: 1% Milk</i>	4oz	6oz	8oz	Apple Juice <i>Sub: 1% Milk</i>	4oz	6oz	8oz
		Banana Muffin	1/2	1	1	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 <i>Sub: Almond, Oat or Lactaid Milk</i>	1/4c	1/4c	1/2c	Orange Slices <i>Sub: Banana</i> 1% Milk <i>Sub: Almond, Oat or Lactaid Milk</i>	3 1/2	3 1	6 1	Apple Slices 1% Milk <i>Sub: Almond, Oat or Lactaid Milk</i>	2	4	4	Banana 1% Milk <i>Sub: Almond, Oat or Lactaid Milk</i>	1/2	1	1	Blueberries 1% Milk <i>Sub: Almond, Oat or Lactaid Milk</i>	1/4c	1/4c	1/4c
Lunch	MILK, FLUID MEAT/MEAT ALTERNATE 1st FRUIT/VEG 2nd FRUIT/VEG GRAIN/BREAD OTHER	Macaroni & Cheese <i>Sub: Chicken Nuggets</i>	1/3c 3	1/3c 4	1/2c 5	Tuna & Noodles (HM)	1c	1c	1c	Beef Tacos (CN) Ground Beef Shredded Cheese	1 1/8c 1/8c	1 1/8c 1/8c	2 1/4c 1/4c	Pizza Sticks	1	1 1/2	2	Chicken Sandwich (CN)	1/2	1/2	1
		WG Noodles				WG Pasta				Taco Shell	1	1	2	WG Breading	1/2	1/2	1	WG Bun	1/2	1/2	1
		Sliced Cucumbers	4	4	6	Mixed Vegetables	1/8c	1/4c	1/2c	Lettuce & Salsa	1/4c	1/4c	1/2c	Mixed Vegetables	1/4c	1/4c	1/2c	Salad W/Ranch	1/2c	1/2c	3/4c
		Diced Pears 1% Milk <i>Sub: Almond, Oat or Lactaid Milk</i>	1/4c 4oz	1/4c 6oz	1/4c 8oz	Fruit Cocktail 1% Milk <i>Sub: Almond, Oat or Lactaid Milk</i>	1/4c 4oz	1/4c 6oz	1/4c 8oz	Mandarin Oranges 1% Milk <i>Sub: Almond, Oat or Lactaid Milk</i>	1/4c 4oz	1/4c 6oz	1/4c 8oz	Diced Peaches 1% Milk <i>Sub: Almond, Oat or Lactaid Milk</i>	1/4c 4oz	1/4c 6oz	1/4c 8oz	Watermelon 1% Milk <i>Sub: Almond, Oat or Lactaid Milk</i>	1/4c 4oz	1/4c 6oz	1/4c 8oz
PM Snack	Choose 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD JUICE/FRUIT VEGETABLE	Club Crackers	4	4	7	Soft Pretzels	1/2	1	1	Animal Crackers	1/4c	1/4c	1/2	Graham Crackers	1	1	2	Ritz Crackers	4	4	7
		1% Milk <i>Sub: Almond, Oat or Lactaid Milk</i>	4oz	6oz	8oz	1% Milk <i>Sub: Almond, Oat or Lactaid Milk</i>	4oz	6oz	8oz	1% Milk <i>Sub: Almond, Oat or Lactaid Milk</i>	4oz	6oz	8oz	1% Milk <i>Sub: Almond, Oat or Lactaid Milk</i>	4oz	6oz	8oz	1% Milk <i>Sub: Almond, Oat or Lactaid Milk</i>	4oz	6oz	8oz

Menu Prepared by: Taylor Heckley

"The USDA is an equal opportunity provider and employer"



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