

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
		Club Crackers	4	4	7	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 Toasted O's	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 4oz	1/2c 6oz	1/2c 8oz	Apple Slices 1% Milk <i>Sub: Almond, Oat or Lactaid Milk</i>	2 4oz	4 6oz	4 8oz	Watermelon 1% Milk <i>Sub: Almond, Oat or Lactaid Milk</i>	1/4c 4oz	1/2c 6oz	1/2c 8oz	Oranges 1% Milk <i>Sub: Almond, Oat or Lactaid Milk</i>	3 4oz	6 6oz	6 8oz	Banana 1% Milk <i>Sub: Almond, Oat or Lactaid Milk</i>	1/2 4oz	1 6oz	1 8oz
Lunch	MILK, FLUID MEAT/MEAT ALTERNATE 1st FRUIT/VEG 2nd FRUIT/VEG GRAIN/BREAD OTHER	Chef Salad Shredded Cheese	1/2c 1/8c	3/4c 1/8c	1c 1/4c	Spinach Egg Bake	1 pc	1 pc	1 pc	Cheesy Chicken & Rice Diced Chicken	1/2c 1/8c	3/4c 1/8c	1c 1/4c	Pepperoni Pizza (CN)	1/2	1	1	Hot Dogs	1/2	1	1
		WG Roll Diced Ham	1/2 1/8c	1/2 1/8c	1 1/4c	Toast	1/2	1/2	1	Rice	1/3c	1/2c	3/4c	WG Crust				WG Buns			
		Salad	1/2c	3/4c	1c	Hashbrown	1/2	1/2	1/2	Broccoli	1/4c	1/4 c	1/2 c	Carrots	1/4c	1/4c	1/2c	Cucumbers	1/4c	1/4c	1/2c
		Applesauce 1% Milk <i>Sub: Almond, Oat or Lactaid Milk</i>	1/4c 4oz	1/4c 6oz	1/4c 8oz	Pears 1% Milk <i>Sub: Almond, Oat or Lactaid Milk</i>	1/8c 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	Blueberries 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	Hummus	1/8c	1/8c	1/4c	Trail Mix	1/4c	1/4c	1/2c	Animal Crackers	1/4c	1/4c	1/2c	Graham Cracker	1	1	2	Soft Pretzels	1	1	2
		WG Pita Bread	1/4	1/4	1/2																
		Water	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