

		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
		Chex Mix	3/4c	3/4c	1 c	Animal Crackers	1/4c	1/4c	1/2c	Apple Cinnamon Muffins	1/2	1/2	1	String Cheese	1/2	1/2	1	Pretzels	1/3c	1/3c	2/3c
Breakfast	MILK, FLUID, JUICE, FRUIT, VEGETABLE GRAIN/ BREAD	Vanilla Yogurt (CN)	1/2 c	1/2 c	1c	French Toast Sticks (CN)	2	2	3	Life Cereal	1/2c	1/2c	1c	Honey Scooters (WG)	1/2	1/2	1	Sausage Biscuits	1/2	1/2	1
		Blueberries 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	Bananas 1% Milk <i>Sub: Almond, Oat or Lactaid Milk</i>	3	3	6	Strawberries 1% Milk <i>Sub: Almond, Oat or Lactaid Milk</i>	1/4c	1/4c	1/4c	Apple Slices 1% Milk <i>Sub: Almond, Oat or Lactaid Milk</i>	2	4	4
Lunch	MILK, FLUID, MEAT/MEAT ALTERNATE 1st FRUIT/VEG 2nd FRUIT/VEG GRAIN/BREAD OTHER	Chicken Nuggets (CN)	3	4	5	Cheesy Chicken & Rice Diced Chicken	1/2c	3/4c	1c	Bosco Sticks (CN)	1/2	1	1	Hamburger	1/2	1/2	1	Spaghetti w/ Meat sauce	2	3	3
		WG Breading	1/2	1/2	1	Brown Rice	1/3c	1/2c	3/4c	WG Breadstick				WG Bun	1/2	1	1	WG Spaghetti Noodles	1/4c	1/4c	1/2c
		Tator Tots	1/4c	1/4c	1/2c	Broccoli	1/4c	1/4 c	1/2 c	Sliced Cucumbers	4	4	6	Salad W/ Ranch	1/2c	1/2c	1c	Green Beans	1/4c	1/4c	1/2c
		Mandarin Oranges 1% Milk <i>Sub: Almond, Oat or Lactaid Milk</i>	1/8c	1/4c	1/4c	Pears 1% Milk <i>Sub: Almond Milk</i>	1/4c	1/4c	1/4c	Fruit Cocktail 1% Milk <i>Sub: Almond Milk</i>	1/4c	1/4c	1/4c	Strawberries 1% Milk <i>Sub: Almond Milk</i>	1/4c	1/4c	1/4c	Watermelon 1% Milk <i>Sub: Almond Milk</i>	1/4c	1/4c	1/4c
PM Snack	Choose 2 MILK, FLUID, MEAT/MEAT ALTERNATE GRAIN/ BREAD JUICE/FRUIT VEGETABLE	Goldfish	1/4	1/4	1/2	Ritz Crackers	4	4	7	CROUTONS	1/4c	1/4c	1/2c	Cheez-It Crackers	1/4c	1/4c	1/2c	Soft Pretzel	1/2	1/2	1
		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