

Menu for Week of August 22, 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
		String Cheese	1/2	1/2	1	Blueberry Muffin	1/2	1/2	1	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	Vanilla Yogurt (CN)	1/2 c	1/2 c	1c	Rice Crispies	1/2c	1/2c	1c	Biscuits & Jelly	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	Banana 1% Milk Sub: Almond, Oat or Lactaid Milk	1/2	1	1	Orange Slices 1% Milk Sub: Almond, Oat or Lactaid Milk	3	6	6	Apple Slices 1% Milk Sub: Almond, Oat or Lactaid Milk	2	4	4	strawberries 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	Pepperoni Pizza (CN)	1/2	1	1	Hot Dog (CN)	1/2	1	1	BBQ Meatballs (CN)	2	3	4	Chef Salad Shredded Cheese	1/2c 1/8 c	3/4c 1/8c	1c 1/4c	Cheeseburger sub: no cheese	1/2	1/2	1
		WG Crust				WG Bun	1/2	1	1	WG Roll	1/2	1/2	1	WG Roll Diced Chicken	1/2 1/8c	1/2 1/8c	1 1/4c	WG Bun	1/2	1	1
		Carrots	1/4c	1/4c	1/2c	Green Beans	1/4c	1/4c	1/2c	Mashed Potatoes	1/4c	1/2 c	1 c	Mixed Lettuce	1/2c	3/4c	1c	Cucumber Slices	1/2c	1/2c	1c
		Strawberries 1% Milk Sub: Almond, Oat or Lactaid Milk	1/4c	1/4c	1/4c	Applesauce 1% Milk Sub: Almond Milk	1/4c	1/4c	1/4c	pineapple 1% Milk Sub: Almond Milk	1/4c	1/4c	1/4c	Applesauce 1% Milk Sub: Almond, Oat or Lactaid 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