

Menu # 3	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	Food Item	1-2 y	3-5 y	6+ yrs.	
Am Snack	Choose 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD JUICE/FRUIT VEGETABLE	Orange Citrus Juice	4oz	6oz	8oz	White Grape Juice Sub: 1% Milk	4oz	6oz	8oz	Clear Cherry Juice	4oz	6oz	8oz	Clear Raspberry Juice	4oz	6oz	8oz	White Grape Juice	4oz	6oz	8oz
		Goldfish Crackers	1/4c	1/4c	1/2c	Club Crackers	4	4	7	Croutons	1/4c	1/4c	1/2c	Ritz Crackers	4	4	7	Pretzels	1/3c	1/3c	2/3c
Breakfast	MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/ BREAD	Corn Flakes	1/2c	1/2c	3/4c	Strawberry Yogurt (CN)	1/2 c	1/2 c	1c	Toasty O's	1/2c	1/2c	1c	Chef's Choice Breakfast	1	1	1	Mixed Cereal	1/2c	1/2c	3/4c
		Apple Slices 1% Milk Sub: Almond, Oat or Lactaid Milk	2	2	4	Blueberries 1% Milk Sub: Almond, Oat or Lactaid Milk	1/2c	1/2c	3/4c	Orange Slices 1% Milk Sub: Almond, Oat or Lactaid Milk	3	6	6	Strawberries 1% Milk Sub: Almond, Oat or Lactaid Milk	1/4c	1/4c	1/4c	Mixed Fruit 1% Milk Sub: Almond, Oat or Lactaid Milk	1/4	1/2	1/2
Lunch	MILK, FLUID MEAT/MEAT ALTERNATE 1st FRUIT/VEG 2nd FRUIT/VEG GRAIN/BREAD OTHER	Nachos Beef	1/2	1/2	1	Chef Salad Shredded Cheese	1/2c 1/8c	3/4c 1/8c	1c 1/4c	Spinach Egg Bake	1pc	1pc	1pc	Bosco Stick	1/2	1/2	1	Hot Dogs	1/2	1	1
		WG Tortilla Chips sub: WG tortilla	6 pcs	6pcs	11pcs	WG Roll Hard Boiled Egg	1/2 1/2	1/2 1/2	1 1	WG Toast	1/2 pc	1/2 pc	1 pc	WG Breadstick				WG Buns			
		Lettuce & Salsa	4	4	6	Salad	1/2c	3/4c	1c	Spinach	1/8c	1/4c	1/2c	Mixed Vegetables	1/8c	1/4c	1/4c	Green Beans	1/4c	1/4c	1/2c
		Mandarin Oranges 1% Milk Sub: Almond Milk	1/8c	1/4c	1/4c	Diced Pears 1% Milk Sub: Almond, Oat or Lactaid Milk	1/4c	1/4c	1/4c	Applesauce 1% Milk Sub: Almond, Oat or Lactaid Milk	1/4c	1/4c	1/4c	Diced Peaches 1% Milk Sub: Almond, Oat or Lactaid Milk	1/4c	1/4c	1/4c	Mixed Fruit 1% Milk Sub: Almond, Oat or Lactaid Milk	1/4c	1/4c	1/4c
PM Snack	Choose 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD JUICE/FRUIT VEGETABLE	Club Crackers	4	4	7	Hummus	1/8c	1/8c	1/4c	Soft Pretzels	1	1	1	Celery sub: saltines	4 pcs	6 pcs	6 pcs	Goldfish Crackers	1/4c	1/4c	1/2c
		1% Milk Sub: Almond, Oat or Lactaid Milk	4oz	6oz	8oz	WG Pita Bread	1/4	1/4	1/2	1% Milk Sub: Almond, Oat or Lactaid Milk	4oz	6oz	8oz	Peanut Butter Sub: String Cheese	1T	1T	2T	Water	4oz	6oz	8oz

Menu Prepared by: Taylor Heckley



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