

		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	Very Berry Juice Sub: 1% Milk	4oz	6oz	8oz	Orange Pineapple Juice Sub: 1% Milk	4oz	6oz	8oz	Clear Cherry Juice Sub: 1% Milk	4oz	6oz	8oz	Mixed Juice Sub: 1% Milk	4oz	6oz	8oz	Fruit Punch Juice Sub: 1% Milk	4oz	6oz	8oz
		Chex Mix	3/4c	3/4c	1c	Animal Crackers	1/4c	1/4c	1/2c	Blueberry Muffin	1/2	1/2	1	String Cheese	1/2	1/2	1	Graham Crackers	1/2	1/2	###
Breakfast	MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/ BREAD	Vanilla Yogurt (CN)	1/2 c	1/2 c	1c	French Toast Bake	1/2	1/2	1	Life Cereal	1/2c	1/2c	1c	Chefs Choice	1/2	1/2	1	Sausage Biscuits	1/2	1/2	1
		banana 1% Milk Sub: Almond, Oat or Lactaid Milk	1/2	1	1	Orange Slices Sub: Banana 1% Milk Sub: Almond, Oat or Lactaid Milk	3/2	3/1	6/1	Blueberries 1% Milk Sub: Almond, Oat or Lactaid Milk	1/4	1/4	1/2	Strawberries 1% Milk Sub: Almond, Oat or Lactaid Milk	1/4c	1/4c	1/4c	Apple Slices 1% Milk Sub: Almond, Oat or Lactaid Milk	2	4	4
Lunch	MILK, FLUID MEAT/MEAT ALTERNATE 1st FRUIT/VEG 2nd FRUIT/VEG GRAIN/BREAD OTHER	bbq meatballs	3	4	6	Chicken Nuggets	3	4	6	cheesy chicken & Rice	1/2	1	1	Sloppy Joes	3oz	3oz	3oz	Mini Corn Dogs	2	3	4
		WG roll	1/2	1/2	1		1/3c	1/2c	3/4c	Brown Rice				WG Bun	1	1	1	WG Breading			
		mashed potatoes	1/4c	1/4c	1/2c	Sweet Potato Tator Tots	1/4c	1/4c	1/2c	Broccoli	4	4	6	Smile Potatoes	2	2	2	Green Beans	1/4c	1/4c	1/2c
		strawberries 1% Milk Sub: Almond, Oat or Lactaid Milk	1/4c	1/4c	1/4c	Tropical Fruit 1% Milk Sub: Almond Milk	1/4c	1/4c	1/4c	Fruit Cocktail 1% Milk Sub: Almond Milk	1/4c	1/4c	1/4c	Peaches 1% Milk Sub: Almond Milk	1/4c	1/4c	1/4c	Pineapple 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	Goldfish	1/4	1/4	1/2	Ritz Crackers	4	4	7	Club Crackers	4	4	7	Cheez-It Crackers	1/4c	1/4c	1/2c	Pretzels	1/3	1/3	1/3
		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