

Menu # 2

Am Snack

Breakfast

Lunch

PM Snack

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
Choose 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD JUICE/FRUIT VEGETABLE	KPS CLOSED FOR LABOR DAY			Cranberry Peach Juice Sub: 1% Milk	4oz	6oz	8oz	Fruit Punch Juice Sub: 1% Milk	4oz	6oz	8oz	Cherry Juice Sub: 1% Milk	4oz	6oz	8oz	Apple Juice Sub: 1% Milk	4oz	6oz	8oz
				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
MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/ BREAD	KPS CLOSED FOR LABOR DAY			Rice Crispies	1/2c	1/2c	1c	Sausage Biscuit (CN)	1/2	1/2	1	Chef's Choice Cereal	1/2c	1/2c	1c	Bagel W/ Cream Cheese (CN)	1/2	1/2	1
				Mixed Fruit 1% Milk Sub: Almond, Oat or Lactaid Milk	1/4c	1/4c	1/2c	Watermelon 1% Milk Sub: Almond, Oat or Lactaid Milk	1/4c	1/2c	1/2c	Oranges 1% Milk Sub: Almond, Oat or Lactaid Milk	3	6	6	Apple Slices 1% Milk Sub: Almond, Oat or Lactaid Milk	2	2	4
MILK, FLUID MEAT/MEAT ALTERNATE 1st FRUIT/VEG 2nd FRUIT/VEG GRAIN/BREAD OTHER	KPS CLOSED FOR LABOR DAY			Volcanic Meatloaf (HM)	1/2 pc	1 pc	1 pc	Orange Chicken	1/2c	3/4c	1c	Pepperoni Pizza (CN)	1/2	1	1	Hamburgers	1/2	1/2	1
				Dinner Roll	1/2	1/2	1	Rice	1/3c	1/2c	3/4c	WG Crust				WG Buns			
				Mashed Potatoes	1/2	1/2	1/2	Broccoli	1/4c	1/4 c	1/2 c	Salad	1/4c	1/4c	1/2c	Cooked Carrots	1/4c	1/4c	1/2c
				Pears 1% Milk Sub: Almond, Oat or Lactaid Milk	1/8c	1/4c	1/4c	Diced Peaches 1% Milk Sub: Almond, Oat or Lactaid Milk	1/4c	1/4c	1/4c	Blueberries 1% Milk Sub: Almond, Oat or Lactaid Milk	1/4c	1/4c	1/4c	Watermelon 1% Milk Sub: Almond, Oat or Lactaid Milk	1/4c	1/4c	1/4c
				Trail Mix	1/4c	1/4c	1/2c	Ranch Oyster Crackers	1/4c	1/4c	1/2c	Graham Cracker	1	1	2	Soft Pretzels	1	1	2
Choose 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD JUICE/FRUIT VEGETABLE	KPS CLOSED FOR LABOR DAY			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
(HM) Home Made