

Menu #4	Monday			Tuesday			Wednesday			Thursday			Friday			
	Food Item	1-2 y	3-5 y	6+ yr	Food Item	1-2 y	3-5 y	6+ yr	Food Item	1-2 y	3-5 y	6+ yr	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
	Goldfish	1/4	1/4	1/4	Banana	1/2	1	1	Apple Cinnamon Muffins	1/2	1	1	String Cheese	1/2	1/2	1
Breakfast	WG Bagels with Cream cheese	1/2	1/2	1	Scrambled Eggs	1oz	1oz	1	Honey Smackers Cereal	1/2	1/2	1	French Toast Bake (HM)	1	1	1
	Strawberries	1/4 c	1/4 c	1/2 c	cantelope	1/4	1/4	1/2	Orange Slices	3	3	6	Strawberries	1/4 c	1/4 c	1/4 c
	1% Milk Sub: Almond, Oat or Lactaid Milk	4oz	6oz	8oz	1% Milk Sub: Almond, Oat or Lactaid Milk	4oz	6oz	8oz	1% Milk Sub: Almond, Oat or Lactaid Milk	4oz	6oz	8oz	1% Milk Sub: Almond, Oat or Lactaid Milk	4oz	6oz	8oz
Lunch	Spaghetti With Meat Sauce	2	3	4	Arroz Con Pollo	1/2	1/2	1	Chicken Tacos (CN)				Tuna Salad Sandwich	1/2 c	1/2 c	1c
	WG Spaghetti Noodles	1/2	1/2	1	Brown Rice	1/2c	1/2c	1c	Diced Chicken Shredded Cheese	1/8c 1/8c	1/8c 1/8c	1/4c 1/4c				
	Salad With Ranch	1/4c	1/4c	1/2c	Corn	1/4	1/4	1/4	Taco Shell	1	1	2	WG bun	1	1	1
	Blueberries	1/4c	1/4c	1/4c	Mandarin Oranges	1/4 c	1/4 c	1/4 c	Lettuce & Salsa	1/4c	1/4c	1/4	Lettuce & Tomato	1/2 c	3/4 c	1c
	1% Milk Sub: Almond Milk	4oz	6oz	8oz	1% Milk Sub: Almond Milk	4oz	6oz	8oz	Fruit Cocktail	1/4c	1/4c	1/4c	Pineapple	1/4 c	1/4 c	1/4 c
PM Snack	Baby Carrots Sub: Broccoli	1/2 c	1/2 c	3/4 c	Ritz Crackers	4	4	7	1% Milk Sub: Almond Milk	4oz	6oz	8oz	1% Milk Sub: Almond Milk	4oz	6oz	8oz
	Ranch	2oz	2oz	2oz	1% Milk Sub: Almond Milk	4oz	6oz	8oz	Sliced Cucumbers	1/2c	1/2c	3/4 c	Apple Slices	4	4	8
	1% Milk Sub: Almond Milk	4oz	6oz	8oz	1% Milk Sub: Almond Milk	4oz	6oz	8oz	Ranch	2oz	2oz	2oz	Peanut Butter Sub: Sunbutter	2oz	2oz	2oz
								Water	4oz	6oz	8oz	1% Milk Sub: Almond Milk	4oz	6oz	8oz	

Menu Prepared by: Danielle Williams
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Allergy Substitutions are in italics