

		Monday			Tuesday			Wednesday			Thursday			Friday							
Menu		Food Item	1-2 yr	3-5 y	6+ yrs.	Food Item	1-2 yr	3-5 y	6+ yr	Food Item	1-2 yr	3-5 yr	6+ yr	Food Item	1-2 yr	3-5 yr	6+ yrs				
Am Snack	Choose 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD JUICE/FRUIT VEGETABLE	Grape Juice Sub: 1% Milk	4oz	6oz	8oz	Very Berry Juice Sub: 1% Milk	4oz	6oz	8oz	Clear Cherry Juice Sub: 1% Milk	4oz	6oz	8oz	Strawberry Kiwi Juice Sub: 1% Milk	4oz	6oz	8oz	Apple Juice Sub: 1% Milk	4oz	6oz	8oz
		Animal Crackers	1/4c	1/4 c	1/2	String Cheese	1/2	1/2	1	Trail Mix	1/4 c	1/4c	1/2 c	Hard Boiled Egg	1/2	1/2	1	Blueberry Muffin	1/2	1	1
Breakfast	MILK, FLUID JUICE, FRUIT VEGETABLE GRAIN/ BREAD	Sausage Biscuits	1/2	1	1	Ham & Cheese egg bake Sub Turkey Sausage	1/2	1	1	Rice Crispy Cereal	1/2c	1/2c	1c	Vanilla Yogurt	1/2c	1/2c	1c	Chefs Choice	1/2c	1/2c	1
		Blueberries 1% Milk Sub: Almond , Oat or Lactaid Milk	1/4 4oz	1/4 6oz	1/2 8oz	Hashbrown 1% Milk Sub: Almond , Oat or Lactaid Milk	1/2 4oz	1 6oz	1 8oz	Banana 1% Milk Sub: Almond , Oat or Lactaid Milk	1/2 4oz	1 6oz	1 8oz	Strawberries 1% Milk Sub: Almond , Oat or Lactaid Milk	1/4c 4oz	1/4c 6oz	1/2 c 8oz	Apple Sliced 1% Milk Sub: Almond , Oat or Lactaid Milk	2 4oz	4 6oz	4 8oz
Lunch	MILK, FLUID MEAT/MEAT ALTERNATE 1st FRUIT/VEG 2nd FRUIT/VEG GRAIN/BREA D OTHER	PB&J Uncrustable Substitute mini Corn Dogs	1 3	1 4	1 / 5	Chicken Taco Salad Diced Chicken	1/2 c	3/4 c	1c 1/4 c	Cheese Burgers	1/2	1	1	Chicken nuggets	3	4	5	Grilled cheese	1	1	1
		WG bread Sliced Cucumbers	4	4	6	WG Tortilla Chips Sub:Tortilla Lettuce& Salsa	1/4c	1/4c	1/2	WG Bun	1/2	1	1	WG Breading	1/2	1/2	1	WG Bread	1	1	1
PM Snack	Choose 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD JUICE/FRUIT VEGETABLE	Peaches 1% Milk Sub: Almond , Oat or Lactaid Milk	1/4c 4oz	1/4c 6oz	1/4c 8oz	Mandarin Oranges 1% Milk Sub: Almond , Oat or Lactaid Milk	1/4 4oz	1/4 6oz	1/4 8oz	Applesauce 1% Milk Sub: Almond , Oat or Lactaid Milk	1/4c 4oz	1/4c 6oz	1/4c 8oz	pineapple 1% Milk Sub: Almond , Oat or Lactaid Milk	1/4c 4oz	1/4c 6oz	1/4c 8oz	Assorted Fruit 1% Milk Sub: Almond , Oat or Lactaid Milk	1/4c 4oz	1/4 6oz	1/4 8oz
		Cheez-It Crackers	1/4c	1/4 c	1/2c	Club Crackers	4	4	7	Ritz Crackers	1/2	1/2	1	Graham Crackers	1 1/2	1 1/2	2	chefs Choice	1/4	1/4	1/2
		1% Milk Sub: Almond Milk	4oz	6oz	8oz	1% Milk Sub: Almond Milk	4oz	6oz	8oz	Water	4oz	6oz	8oz	1% Milk Sub: Almond Milk	4oz	6oz	8oz	1% Milk Sub: Almond Milk	4oz	6oz	8oz

Menu Prepared by: Danielle Williams

Always substitute the 1st/2nd/3rd (CNI)-Child Nutrition Labels