

November 14,2022

		Monday			Tuesday			Wednesday			Thursday			Friday							
kiddie prep		Food Item	1-2 yr	3-5 yr	6+ yrs	Food Item	1-2 yr	3-5 yr	6+ yr	Food Item	1-2 yr	3-5 yr	6+ yrs	Food Item	1-2 yr	3-5 yr	6+ yrs				
Menu # 2		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
		String Cheese	1/2	1	1	Banana	1/2	1	1	Chefs Choice	1/4c	1/4c	1/4c	chocolate muffins	1/2	1	1	applesauce cups	1	1	1
Breakfast	MILK, FLUID JUICE, FRUIT, VEGETABLE, GRAIN/BREAD	Life Cereal	1/2	1	1	WG toast with jelly	1/2	1/2	1	WG Waffles	3	3	3	Honey O's Cereal	1/2c	1/2c	1c	Strawberry yogurt cup	1	1	1
		Blueberries	1/4	1/4	1/2	Stawberries	1/4 c	1/4 c	1/2 c	Apples	2	4	4	Oranges	1/4c	1/4 c	1/2c	Banana	1/2	1	1
		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	1% Milk Sub: Almond , Oat or Lactaid Milk	4oz	6oz	8oz
Lunch	MILK, FLUID MEAT/MEAT ALTERNATIVE 1st FRUIT/VEG 2nd FRUIT/VEG GRAIN/BREAD OTHER	Cheesy Bread sticks	1	1	1/2	beef tacos	1/8 c	1/8 c	1/8 c	WG mini Chicken Corn dogs	6	6	6	Chefs Salad Chicken	1/2c 1/8c	1/2 c 1/8 c	1/2c 1/4c	pepperi pizza	1/2	1	1
		WG Bread & Marinara sauce				Tortilla	1	1	2	WG Breeding				Crotons	3	3	6	WG Breeding	1/2	1	1
		Salad with Ranch	1/4	1/4	1/4	Lettuce & salsa	1/4c	1/4c	1/2	Sliced cucumbers	6	6	6	Lettuce & Tomato	1/4c	1/4c	1/2c	Corn	1/2c	1/2c	3/4c
		applesauce	1/4c	1/4c	1/4c	Fruit cocktail	1/4 c	1/4 c	1/4 c	Pears	1/4c	1/4c	1/4c	Fruit Salad	1/4c	1/4c	1/4c	Peaches	1/4c	1/4c	1/4c
	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	1% Milk Sub: Almond , Oat or Lactaid Milk	4oz	6oz	8oz	
PM Snack	Choose2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD JUICE/FRUIT VEGETABLE	Goldfish	1/4 c	1/4 c	1/4 c	Club Crackers	4	4	7	Chefs Choice	1/4	1/4	1/2	Animal Crackers	1/4c	1/4c	1/4c	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: Danielle Williams

"The USDA is an equal opportunity provider and employer"

Allergy Substitutions are in *italics*  
(CN)-Child Nutrition Labels  
(HM)- Homemade  
(WC)- Whole Grain