

November 7, 2022

Menu	Monday				Tuesday				Wednesday				Thursday				Friday			
	Food Item	1-2 yrs	3-5 yrs	6+ yrs.	Food Item	1-2 yrs	3-5 yrs	6+ yrs.	Food Item	1-2 yrs	3-5 yrs	6+ yrs.	Food Item	1-2 yrs	3-5 yrs	6+ yrs.	Food Item	1-2 yrs	3-5 yrs	6+ yrs.
Am Snack Choose 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/BREAD JUICE/FRUIT VEGETABLE	Grape Juice <i>Sub: 1% Milk</i>	4oz	6oz	8oz	Very Berry Juice <i>Sub: 1% Milk</i>	4oz	6oz	8oz	Clear Cherry Juice <i>Sub: 1% Milk</i>	4oz	6oz	8oz	Strawberry Kiwi Juice <i>Sub: 1% Milk</i>	4oz	6oz	8oz	Apple Juice <i>Sub: 1% Milk</i>	4oz	6oz	8oz
	String Cheese	1/2	1	1	apple muffins	1/2	1/2	1	Trail mix	1/4	1/4	1/2	Banana	1/2	1	1	applesauce cups	1	1	1
Breakfast MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/BREAD	Corn Flakes	1/2	1/2	1	Peanut butter with WG Toast	1/4	1/4	1/2	Toasted Oat Cereal	1/2c	1/2c	1c	Scrambled Eggs	1/4	1/4	1/2	Chefs choice	1/2	1/2	1
	Oranges	3	6	6	Banana	1/2	1	1	Strawberries	1/4	1/4	1/2	Hashbrowns	1/2	1	1		2	4	4
	1% Milk <i>Sub: Almond, Oat or Lactaid Milk</i>	4oz	6oz	8oz	1% Milk <i>Sub: Almond, Oat or Lactaid Milk</i>	4oz	6oz	8oz	1% Milk <i>Sub: Almond, Oat or Lactaid Milk</i>	4oz	6oz	8oz	1% Milk <i>Sub: Almond, Oat or Lactaid Milk</i>	4oz	6oz	8oz	1% Milk <i>Sub: Almond, Oat or Lactaid Milk</i>	4oz	6oz	8oz
Lunch MILK, FLUID MEAT/MEAT ALTERNATE 1st FRUIT/VEG 2nd FRUIT/VEG GRAIN/BREAD OTHER	Chicken Sandwich	1/2	1	1	Chicken and cheese Quesadilla (HM)	1	1	1	Orange Chicken	1/2c 1/8c	3/4c 1/8c	3/4c 1/4c	Chefs choice	1/2	1	1	Chefs choice	1/2	1	1
	WG Bread	1/2	1	1	Chicken and cheese	1/8c 1oz	1/8c 1/2oz	1/8c 2oz	Brown Rice	1/3c	1/2 c	3/4c								
	Sliced Cucumbers	4	4	6	Corn	1/4c	1/4c	1/2	Broccoli	1/4c	1/4c	1/2c	assorted veggie	1/4c	1/4c	1/4c	Green Beans	1/4c	1/4c	1/4c
	Blueberries	1/4c	1/4c	1/4c	Fruit cocktail	1/4c	1/4c	1/4c	Pineapple	1/4c	1/4c	1/4c	Strawberries	1/4c	1/4c	1/4c	assorted fruit	1/4c	1/4 c	1/4 c
	1% Milk <i>Sub: Almond, Oat or Lactaid Milk</i>	4oz	6oz	8oz	1% Milk <i>Sub: Almond, Oat or Lactaid Milk</i>	4oz	6oz	8oz	1% Milk <i>Sub: Almond, Oat or Lactaid Milk</i>	4oz	6oz	8oz	1% Milk <i>Sub: Almond, Oat or Lactaid Milk</i>	4oz	6oz	8oz	1% Milk <i>Sub: Almond, Oat or Lactaid Milk</i>	4oz	6oz	8oz
PM Snack Choose 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/BREAD JUICE/FRUIT VEGETABLE	pita	1/4	1/4	1/2	Apples slices	3	3	6	Chefs choice	1/4c	1/4c	1/4c	Club Crackers	1 1/2	1 1/2	2	chefs Choice	1/4	1/4	1/2
	Cheese cup	1oz	1oz	1oz																
	Water	4oz	6oz	8oz	1% Milk <i>Sub: Almond Milk</i>	4oz	6oz	8oz	1% Milk <i>Sub: Almond Milk</i>	4oz	6oz	8oz	1% Milk <i>Sub: Almond Milk</i>	4oz	6oz	8oz	1% Milk <i>Sub: Almond Milk</i>	4oz	6oz	8oz

Menu Prepared by: Danielle Williams

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

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