

Menu # 1

		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.	
Breakfast	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
	cinnamon Muffin	1/2 p	1p	1p	Animal Crackers	1oz	1oz	1oz	Ritz Crackers	4	4	7	Goldfish	1/4 c	1/4 c	1/2 c	chefs choice	1/2	1	1
	Cottage cheese	1/4c	1/4c	1/4c	French Toast Bake (HM)	2	2	3	Toasted Oat Cereal	1/2c	1/2c	1c	WG Bagels & Cream Cheese	1/2c	1/2c	1c	english muffin egg Sandwhich		3 / 1	5/1
	Diced Peaches  1% Milk <i>Sub: Almond , Oat or Lactaid Milk</i>	1/4 c 4oz	1/4 c 6oz	1/2 c 8oz	Banana  1% Milk <i>Sub: Almond , Oat or Lactaid Milk</i>	1/2 4oz	1 6oz	1 8oz	Apple Slices  1% Milk <i>Sub: Almond , Oat or Lactaid Milk</i>	2 4oz	4 6oz	4 8oz	Oranges  1% Milk <i>Sub: Almond , Oat or Lactaid Milk</i>	3p 4oz	6p 6oz	6p 8oz	Apple Sliced  1% Milk <i>Sub: Almond , Oat or Lactaid Milk</i>	2 4oz	4 6oz	4 8oz
Lunch	Quesadillas	1ea	1ea	1ea	Chefs choice	1/2	1/2	1	Goulash	1/4 c	1/2 c	3/4 c	Scallop Potatos With Diced Ham Subsuite Turkey	1/3 c 1/8 c	1/2 c 1/8 c	3/4 c 1/4 c	Chicken Sandwich (CN)	1/2	1/2	1
	Beef Cheese	1/8 1/8	1/8 1/8	1/8 1/8				WG Pasta	1/4 c	1/4 c	1/2 c					WG Bun	1/2	1/2	1	
	peas	1/4c	1/4c	1/4c	Carrots	1/4c	1/4c	1/2	Mixed Vegetables	1/4c	1/4c	1/2c	Potatos	1/4c	1/4c	1/2c	Salad W/Ranch	1/2c	1/2c	3/4c
	Oranges  1% Milk <i>Sub: Almond , Oat or Lactaid Milk</i>	3 4oz	6 6oz	6 8oz	assorted Fruit  1% Milk <i>Sub: Almond , Oat or Lactaid Milk</i>	1/4 c 4oz	1/4 c 6oz	1/4 c 8oz	Applesauce  1% Milk <i>Sub: Almond , Oat or Lactaid Milk</i>	1/4c 4oz	1/4c 6oz	1/4c 8oz	Blueberries  1% Milk <i>Sub: Almond , Oat or Lactaid Milk</i>	1/4c 4oz	1/4c 6oz	1/4c 8oz	Diced Pears  1% Milk <i>Sub: Almond , Oat or Lactaid Milk</i>	1/4 c 4oz	1/4 c 6oz	1/4 c 8oz
PM Snack	Cheez-It Crackers	1/4 c	1/4 c	1/2 c	Club Crackers	4	4	7	Pita	1/4	1/4	1/2	Graham Crackers	1 1/2	1 1/2	2	chefs Choice	1/4	1/4	1/2
	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	1% Milk <i>Sub: Almond Milk</i>	4oz	6oz	8oz

Menu Prepared by: Danielle Williams

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