

		Monday			Tuesday			Wednesday			Thursday			Friday							
Menu		Food Item	1-2 yr	3-5 yr	6+ yrs.	Food Item	1-2	3-5	6+ yr	Food Item	1-2	3-5	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
		Club Crackers	4p	4p	7p	String Cheese	1/2	1/2	1	Trail Mix	1/4 c	1/4c	1/2 c	Banana Muffin	1/2e a	1ea	1e a	Blueberry Muffin	1/2e a	1ea	1ea
Breakfast	MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/ BREAD	English Muffins & Jelly	1/2	1	1	Egg and cheese Bake	1p	1p	1p	Rice Crispy Cereal	1/2c	1/2c	1c	Peach Yogurt	1ea	1ea	1ea	WG Waffles	2ea 2oz	2ea 2oz	2ea 2oz
		Oranges 1% Milk Sub: Almond , Oat or Lactaid Milk	3p 4oz	6p 6oz	6p 8oz	Hashbrown 1% Milk Sub: Almond , Oat or Lactaid Milk	1p 4oz	1p 6oz	1p 8oz	Strawberries 1% Milk Sub: Almond , Oat or Lactaid Milk	1/4c 4oz	1/2c 6oz	1/2c 8oz	Banana 1% Milk Sub: Almond , Oat or Lactaid Milk	1/2p 4oz	1p 6oz	1p 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/BREAD OTHER	PB&J Uncrustable Substitute mini Chicken Nuggets	1 3	1 4	1 5	Chicken Taco Salad Diced Chicken	1/2 c 1/8 c	3/4 c 1/8 c	1c 1/4 c	Orange Chicken	1/4 c	1/4c	1/2 c	Chicken nuggets	3	4	5	Cheese Burgers	1/2p	1/2e a	1ea
		WG bread				WG Tortilla	1ea	1ea	2e a	Brown Rice	1/2 oz	1/2 oz	1o z	WG Breading	1/2	1/2	1	WG Bun	1/2	1	1
		Sliced Cucumbers	4	4	6	Lettuce& Salsa Mandarin Oranges	1/4c 1/4	1/4c c	1/2 1/4	Broccoli	1/4c	1/4c	1/2c	Cucumbers	1/4c	1/4c	1/2c	Salad with Ranch	1/4c	1/4c	1/4c
		pears 1% Milk Sub: Almond , Oat or Lactaid Milk	1/4c 4oz	1/4c 6oz	1/4c 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	Choose 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD JUICE/FRUIT VEGETABLE	Crotons	1/4c	1/4c	1/2c	Animal Crackers	1/4 c	1/4 c	1/4 c	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

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