

Menu for January 9,2022

Menu # 2		Monday			Tuesday			Wednesday			Thursday			Friday							
		Food Item	1-2	3-5	6+ yr	Food Item	1-2	3-5	6+ yr	Food Item	1-2	3-5	6+ yr	Food Item	1-2	3-5	6+ yrs.				
Am Snack	Choose 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD JUICE/FRUIT VEGETABLE	Grape Juice Sub: 1% Milk	4oz	6oz	8oz	Strawberry Kiwi Juice Sub: 1% Milk	4oz	6oz	8 oz	Mixed Juice Sub: 1% Milk	4oz	6oz	8oz	Orange Pineapple Juice Sub: 1% Milk	4oz	6oz	8oz	Mixed Juice Sub: 1% Milk	4oz	6oz	8oz
		Banana	1/2	1	1	Chocolate Chip Muffin	1/2	1	1	Goldfish Crackers	1/4 c	1/4 c	1/2 c	Oranges	3p	6p	6p	Chefs choice	1/4 c	1/4 c	1/4c
Breakfast	MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/ BREAD	Honey Smacks Cereal	1/2 c	1/2 c	1c	WG Toast & Jelly	1/2 p 1 oz	1/2 p 1 oz	1 oz	Corn Flakes	1/2c	1/2c	1c	Pancake Squares	1oz	1oz	1oz	Chefs Choice	1/2	1/2	1
		Apples 1% Milk Sub: Almond, Oat or Lactaid Milk	1/4 c	1/2 c	1/2 c	Cantaloupe 1% Milk Sub: Almond, Oat or Lactaid Milk	1/4	1/4	1/2	Strawberries 1% Milk Sub: Almond, Oat or Lactaid Milk	1/4 c	1/2 c	1/2 c	Oranges 1% Milk Sub: Almond, Oat or Lactaid Milk	3	6	6	Assorted Fruit 1% Milk Sub: Almond, Oat or Lactaid Milk	1/4 c	1/4 c	1/2 c
		4oz	6oz	8oz	4oz	6oz	8oz	4oz	6oz	8oz	4oz	6oz	8oz	4oz	6oz	8oz	4oz	6oz	8oz		
Lunch	MILK, FLUID MEAT/MEAT ALTERNATE 1st FRUIT/VEG 2nd FRUIT/VEG GRAIN/BREA D OTHER	Grilled Cheese Sandwich	1ea	1ea	1ea	Cheese Ravioli (CN)	3	3	3	Bosco Sticks	1p	1p	1p	Ham slices	1/2 c 1/2	3/4 c 1/2	1c 1	Hotdogs	1	1	1
		WG Bread				WG Pasta					1/3 c	1/2 c	3/4 c	WG roll	1/2 c 1/8	1/2 c 1/8	1 c 1/4	WG Bun	1	1	1
		Cooked Carrots	1/4c	1/4c	1/2c	Sliced Cucumbers	4	4	6	Salad with Ranch	4	4	6	Mash potatoes	1/4	1/4	1/4	Mixed Vegetables	1/4c	1/4 c	1/2 c
		applesauce 1% Milk Sub: Almond, Oat or Lactaid Milk	1/4c	1/4c	1/4c	peaches 1% Milk Sub: Almond, Oat or Lactaid Milk	1/4c	1/4c	1/4c	oranges 1% Milk Sub: Almond, Oat or Lactaid Milk	3p	6p	6p	Fruit Cocktail 1% Milk Sub: Almond, Oat or Lactaid Milk	1/4 c	1/4 c	1/4 c	Diced Pears 1% Milk Sub: Almond, Oat or Lactaid Milk	1/4c	1/4c	1/4c
4oz	6oz	8oz	4oz	6oz	8oz	4oz	6oz	8oz	4oz	6oz	8oz	4oz	6oz	8oz	4oz	6oz	8oz				
PM Snack	Choose 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD JUICE/FRUIT VEGETABLE	Pretzels	1/3 c	1/3 c	1/3c	Cheez Its	1/4 c	1/4 c	1/2 c	Animal Crackers	1/4c	1/4c	1/2 c	Graham Cracker	1 1/2 p	1 1/2 p	2p	Chefs Choice	1/4 c	1/4 c	1/4 c
		4oz	6oz	8oz	4oz	6oz	8oz	4oz	6oz	8oz	4oz	6oz	8oz	4oz	6oz	8oz	4oz	6oz	8oz		

Menu Prepared by: Danielle Williams
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Key
 Allergy Substitutions are in Italics
 (CN)-Child Nutrition Labels