

Menu # 3		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	Pineapple Orange Juice Sub: 1% Milk	4oz	6oz	8oz	Mountain Berry Juice Sub: 1% Milk	4oz	6oz	8oz	Strawberry Kiwi Juice	4oz	6oz	8oz	Grape Juice Sub: 1% Milk	4oz	6oz	8oz	Clear Raspberry Juice Sub: Milk	4oz	6oz	8oz
		Banana Muffin	1	1	1	Goldfish Crackers	1/4c	1/4c	1/2c	Trail Mix	1/4c	1/4c	1/2c	Chocolate Chip Muffins	1/2	1	1	Chefs choice	1/4c	1/4c	1/4c
Breakfast	MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/ BREAD	Cinnamon Toast	1/2	1/2	1	French Toast Bake	1p	1p	1p	Apple Cinnamon Cereal	1/2c	1/2c	1c	Bagel W/Cream Cheese (CN)	1/2	1/2	1	Banana Bread Squares (HM)	1	1	1
		Oranges 1% Milk Sub: Almond , Oat or Lactaid Milk	3 4oz	6 6oz	6 8oz	Blueberries 1% Milk Sub: Almond , Oat or Lactaid Milk	1/4c 4oz	1/4c 6oz	1/4c 8oz	Bananas 1% Milk Sub: Almond , Oat or Lactaid Milk	1/2 4oz	1 6oz	1 8oz	Blueberries 1% Milk Sub: Almond , Oat or Lactaid Milk	1/4c 4oz	1/4c 6oz	1/4c 8oz	Apples 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	Macaroni & Cheese (HM) Sub: Chicken Nuggets	1/3c 3	1/3c 4	1/2c 5	Ham and cheese Wraps Sub: Turkey	1/2	1/2	1	Chicken & Noodles	1/3c 1/8	1/2c 1/8	3/4c 1/4	Pizza Burger	1	1	1	Chefs Choice	1p	1p	1p
		Mixed Vegetables Sub: Corn	1/4c	1/4c	1/2c	WG Tortilla	1/2	1/2	1	WG Roll	1/2	1/2	1	WG Bun	1/2	1/2	1	Corn	1/4c	1/4c	1/2c
		Fruit Cocktail	1/4c	1/4c	1/4c	Carrots	1/4	1/4	1/4	Mashes Potatoes	1/4c	1/4c	1/4	Potato Smile Cakes	4	4	6	Assorted Fruit	1/4c	1/4c	1/4c
		1% Milk Sub: Almond Milk	4oz	6oz	8oz	Apples	2	4	8	Blueberries	1/4	1/4	1/4	Diced Peaches	1/4c	1/4c	1/4c	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	Celery Sub: Apples	6p 4p	6p 4p	9p 8p	Pretzels	1/3c	1/3c	2/3c	Cheese Slices	2	2		Cheez-It Crackers	1/4c	1/4c	1/2c	Chefs Choice	1/4c	1/4c	1/2c
		Peanut Butter sub: Sunbutter	1T 4oz	1T 6oz	2T 8oz	1% Milk Sub: Almond , Oat or Lactaid Milk	4oz	6oz	8oz	Club Crackers 1% Milk Sub: Almond , Oat or Lactaid Milk	4oz	6oz	8oz	1% Milk Sub: Almond , Oat or Lactaid Milk	4oz	6oz	8oz	Sub: Club Crackers 1% Milk Sub: Almond , Oat or Lactaid Milk	4oz	6oz	8oz

Key
Allergy Substitutions are in *Italics*
(CN)-Child Nutrition Labels