

Menu	Monday				Tuesday				Wednesday				Thursday				Friday			
	Food Item	1-2	3-5	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	3-5	6+ yrs.
Am Snack Choose 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD JUICE/FRUIT VEGETABLE	Very Berry Juice <i>Sub: 1% Milk</i>	4oz	6oz	8oz	Orange Pineapple Juice <i>Sub: 1% Milk</i>	4oz	6oz	8oz	Clear Cherry Juice <i>Sub: 1% Milk</i>	4oz	6oz	8oz	Mixed Juice <i>Sub: 1% Milk</i>	4oz	6oz	8oz	Fruit Punch Juice <i>Sub: 1% Milk</i>	4oz	6oz	8oz
	Chocolate muffin	1/2 ea	1ea	1ea	Banana	1/2ea	1ea	1ea	Apple Cinnamon Muffins	1/2ea	1ea	1ea	String Cheese	1/2ea	1ea	1ea	Peach applesauce Cuos	1ea	1ea	1ea
Breakfast MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/ BREAD	Peanut butter toast	1/2p	1p	1p	Rasberry or blueberry Yogurt	1ea	1ea	1ea	Honey Smackers Cereal	1/2c	1/2c	1c	WG Biscuit with Jelly	1/2p	1/2p	1p	Chefs Choice	1ea	1ea	1ea
	Apple sliced <i>1% Milk Sub: Almond , Oat or Lactaid Milk</i>	2	4	4	Peach Slices <i>1% Milk Sub: Almond , Oat or Lactaid Milk</i>	1/4c	1/2c	1/2	Orange Slices <i>1% Milk Sub: Almond , Oat or Lactaid Milk</i>	3p	33p	6p	Pineapple chunks <i>1% Milk Sub: Almond , Oat or Lactaid Milk</i>	1/4c	1/2c	1/2c	Apple Slices <i>1% Milk Sub: Almond , Oat or Lactaid Milk</i>	2	4	4
Lunch MILK, FLUID MEAT/MEAT ALTERNATE 1st FRUIT/VEG 2nd FRUIT/VEG GRAIN/BREAD OTHER	Mini Chicken Corn Dogs	3p	4p	6p	Spaghetti with Meat sauce	1/4c	1/4c	1/2c	Chicken Tacos (CN) Diced Chicken Shredded Cheese	1/8c 1/8c	1/8c 1/8c	1/4c 1/4c	Tuna Salad With Club Crackers	2oz 4p	2.7oz 4	2.7oz 6p	Little Bite Pizza	1ea	1ea	1ea
	WG Breeding				WG Pasta	1/2c	1/2c	1c	Taco Shell	1	1	2	WG English Muffin	1ea	1ea	1ea				
	Celery	1/4c	1/4c	1/2c	Salad with Ranch	1/4c	1/4c	1/4c	Lettuce & Salsa	1/4c	1/4c	1/4	Lettuce & Cherry Tomato	1/4c	1/4c	1/4c	Peas & carrots	1/4c	1/4c	1/2c
	apples	1/4c	1/4c	1/4c	Blueberries	1ea	1ea	1ea	Tropical Fruit	1/4c	1/4c	1/4c	applesauce	1/4c	1/4c	1/4c	Asorted Fruit	1/4c	1/4c	1/4c
	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
PM Snack Choose 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD JUICE/FRUIT VEGETABLE	Baby Carrots Sub: Broccoli	1/2c	1/2c	3/4c	Ritz Crackers	4	4	7	Sliced Cucumbers	1/2c	1/2c	3/4c	Apple Slices	4	4	8	Chefs Choice	1/4c	1/4c	1/2c
	Ranch <i>1% Milk Sub: Almond Milk</i>	2oz	2oz	2oz					Ranch <i>1% Milk Sub: Almond Milk</i>	2oz	2oz	2oz	Peanut Butter Sub: Sunbutter	2oz	2oz	2oz	Water <i>1% Milk 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 Label