

Menu # 1

Breakfast

Lunch

PM Snack

Monday				Tuesday				Wednesday				Thursday				Friday			
Food Item	1-2 yrs	3-5 yr	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 yrs.	3-5 yrs.	6+ yrs.
water	4oz	6oz	8oz	Water	4oz	6oz	8oz	Chocolate milk	4oz	6oz	8oz	Juice	4oz	6oz	8oz	Water	4oz	6oz	8oz
Ritz Crackers	4ea	4ea	7ea	String cheese	1ea	1ea	1ea	Doughnuts	2ea	2ea	3ea	Saltine Crackers	4ea	4ea	7ea	Captin Crunch	1/4c	1/4c	1/4c
Peach Yogurt	1ea	1ea	1ea	French Toast Bake (HM)	1ea	1ea	1ea	Cinniamon Toast	1ea	1ea	1ea	WG Bagels & Cream Cheese	1/2ea	1/2ea	1ea	english muffin egg Sandwhich	1ea	1ea	1ea
Oranges	3ea	6ea	6ea	Blueberries	1/4c	1/2c	1/2c	Apple Slices	2ea	4ea	4ea	mango	1/4c	1/2c	1/2c	Apple Sliced	2ea	4ea	4ea
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	1% Milk Sub: Almond , Oat or Lactaid Milk	4oz	6oz	8oz
Uncrustables Sub: Chicken nuggets	1ea	1ea	1ea	BBQ Chicken Sandwiches	1/2 ea	1/2ea	1ea	Goulash	1/4c	1/2c	3/4c	Sunshine Pasta Salad	1/2c	1/2c	1c	POPCorn Chicken WG Breading	5ea	5ea	5ea
1% Milk Sub: Almond , Oat or Lactaid Milk	4oz	6oz	8oz	Shredded Chicken WG Bun	1oz 1/2ea	1oz 1/2ea	2oz 1ea	WG Pasta	1/4c	1/4c	1/2c	Cheese Cubes	1oz	1 1/2oz	2oz	Cottage Cheese	1oz	1oz	1oz
Carrots Sub: Cucumbers	1/4c	1/4c	1/2c	Corn	1/4c	1/4c	1/2	Cucumbers	1/4c	1/4c	1/2c	Mixed Vegetables	1/4c	1/4c	1/2c	Pickle spears	2ea	2ea	2ea
Watermelon	1/4c	1/4c	1/4c	Fruit Cocktail	1/4c	1/4c	1/4c	Applesauce	1/4c	1/4c	1/4c	Pineapple	1/4c	1/4c	1/4c	Diced Pears	1/4c	1/4c	1/4c
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	1% Milk Sub: Almond , Oat or Lactaid Milk	4oz	6oz	8oz
Cheez-It Crackers	1/4c	1/4c	1/2c	Club Crackers	4ea	4ea	7ea	Broccoli & Ranch	1/2c	1/2c	1/2c	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	1% Milk Sub: Almond Milk	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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Key  
Allergy Substitutions are in *Italics*  
(CN)-Child Nutrition Labels  
(HM)-Homemade  
(WG)-Whole Grain