

May 1, 2023

Menu # 7		Monday			Tuesday			Wednesday			Thursday			Friday							
		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.				
Am Snack	Choose 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD JUICE/FRUIT VEGETABLE	1% milk	4oz	6oz	8oz	Water	4oz	6oz	8oz	Chocolate Milk	4oz	6oz	8oz	Water	4oz	6oz	8oz				
		poptarts	1ea	1ea	2ea	Captin Crunch	1/4 c	1/4 c	1/4 c	Doughnuts	2ea	2ea	2ea	Pretzels	1/3 c	1/3 c	2/3 c				
Breakfast	MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/ BREAD	Raspberry Yogurt	1ea	1ea	1ea	Pancake Squares	1ea	1ea	1ea	Life Cereal	1/2c	1/2c	1c	Breakfast Burrios WG tortilla (HM)	1ea	1ea	2ea				
		Hashbrown	1ea	1ea	1ea	Peaches	1/4 c	1/4 c	1/2 c	apples	2p	4p	4p	Cuties	1ea	1ea	1ea				
Lunch	MILK, FLUID MEAT/MEAT ALTERNATE 1st FRUIT/VEG 2nd FRUIT/VEG GRAIN/BREAD OTHER	ham and cheese wraps Sub sliced Turkey	1.0oz	1.5oz	2oz	Beef Nachos Shredded Cheddar cheese	.5oz	1oz	1oz	Teriyaki Chicken	1/2oz	2oz	2oz	Garlic Diced Turkey	1oz	1.5oz	2oz				
		WG totilla	1ea	1ea	1ea	Tortilla Chips Sub Tortilla	.5oz	.5oz	.5oz	WG Rice	1/4c	1/4 c	1/2c				WG Bun	1/2 ea	1/2 ea	1ea	
		carrots Sub succumbers	1/4c	1/4c	1/2c	lettuce & Salsa	1/4c	1/4c	1/2c	California Blend	1/4c	1/4c	1/2c	Mashed potatoes	1/4	1/4	1/4	Grapes Sub: Apples	1/4	1/4	1/4
		Grapes	1/4c	1/4c	1/4c	Mandarin Oranges	1/4c	1/4c	1/4 c	Pineapples	1/4c	1/4c	1/4c	mixed vegetables	1/4c	1/4c	1/4c	Cooked Carrots	1/4 c	1/4 c	1/2c
						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	Pretzels	1/3 c	1/3 c	2/3 c	Animal Crackers	1/4c	1/4c	1/2 c	Chefs Choice	1/4c	1/4 c	1/4c	Ranch oyster crackers	1/4c	1/4c	1/2c				
														Sub plain oyster crackers	1/4c	1/4c	1/4c				
		1% Milk Sub: Almond milk				1% Milk Sub: Almond Milk	4oz	6oz	8oz	1% Milk Sub: Almond Milk	4oz	6oz	8oz	1% Milk Sub: Almond Milk	4oz	6oz	8oz	Water	4oz	6oz	8oz

Menu Prepared by: Danielle Williams

"The USDA is an equal opportunity provider and employer"

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