

Menu # 1

Am Snack

Breakfast

Lunch

PM Snack

Monday				Tuesday				Wednesday				Thursday				Friday				
Food Item	1-2 yrs	3-5 yrs	6+ yrs	Food Item	1-2 yr	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	
Choose 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD JUICE/FRUIT VEGETABLE	Water	4oz	6oz	8oz	water	4oz	6oz	8oz	Chocolate milk	4oz	6oz	8oz	water	4oz	6oz	8oz	Juice	4oz	6oz	
	Closed				Graham Crackers	1.5ea	1.5ea	2ea	Doughnuts	2ea	2ea	3ea	asorted Crackers	4ea	4ea	7ea	Poptarts	1ea	1ea	2ea
					Stawberry Yogurt	1ea	1ea	1ea	Asorted Cinniamon toast	1ea	1ea	1ea	Toasty O'S	1ea	1ea	1ea	Bagels & Cream Cheese	1/2ea	1/2ea	1ea
MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/ BREAD	1% Milk Sub: Almond, Oat or Lactaid Milk	4oz	6oz	8oz	Oranges	3ea	6ea	6ea	Banana	1/2ea	1ea	1ea	Strawberries	1/4c	1/2c	1/2c	apples	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
	Closed				Beef Tacos Shredded Cheadder Cheese				Cheesey Chicken&Rice				Tuna Salad& Crackers				Cheese Pizza	1ea	1ea	1ea
					WG Tortilla	1ea	1ea	2ea	Brown Rice				Crackers	4ea	4ea	7ea	WG Crust			
					Lettuce&Salsa	1/4c	1/4c	1/2c	Broccoli	1/4c	1/4c	1/2c	Celery Sticks Sub:cooked carrots	1/4c	1/4c	1/2c	Cucumbers	1/4c	1/4c	1/2c
MILK, FLUID MEAT/MEAT ALTERNATE 1/2 FRUIT/VEG 2/3 GRAIN/BREAD OTHER	1% Milk Sub: Almond, Oat or Lactaid Milk	4oz	6oz	8oz	Pineapple	1/4c	1/4c	1/4c	Fruit Cocktail	1/4c	1/4c	1/4c	Grapes	1/4c	1/4c	1/4c	Tropical Fruit	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
	Closed				Cheese Cubes	1/2 oz	1/2 oz	1oz	WG Gralic Bread	1ea	1ea	2ea	Cucumbers & Ranch	1/2c	1/2c	1/2c	Chefs Choice	1/4c	1/4c	1/4c
Choose 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD JUICE/FRUIT VEGETABLE	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

Menu Prepared by: Danielle Williams

"The USDA is an equal opportunity provider and employer"

Key  
Allergy Substitutions are in *italics*  
(CNI)-Child Nutrition Labels