

Menu for may 22 2023

Menu 2

	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.	Food Item	1-2 yrs.	3-5 yrs.	6+ yrs.
Choose2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD JUICE/FRUIT VEGETABLE	Water	4oz	6oz	8oz	Water	4oz	6oz	8 oz	Chocolate milk	4oz	6oz	8oz	Juice	4oz	6oz	8oz	Water	4oz	6oz	8oz
	Strawberry poptart	1ea	1ea	1ea	Cinniamon Toast Crunch	1/4 c	1/4 c	1/4c	Doughnuts	2ea	2ea	3ea	Graham Crackers	1 1/2ea	1 1/2ea	2ea	Blueberry Muffin	1ea	1ea	1ea
MILK, FLUID JUICE, FRUIT VEGETABLE GRAIN/ BREAD	Honey Smacks Cereal	1/2 c	1/2 c	1c	Cheesy Cheddar Drop Biscuit	1ea	1ea	1ea	Rice Crispy Cereal	1/2c	1/2c	1c	peachy oatmeal	1/2c	1c	1c	marshmellow puff cereal SUB: Life Cereal	1/2c	1/2c	1c
	Apples	2ea	4ea	4ea	oranges	3ea	6ea	6ea	Strawberries	1/4c	1/2c	1/2c	Peaches	1/4c	1/2c	1/2c	Apples	2ea	4ea	4ea
MILK, FLUID MEAT/MEAT ALTERNATE 1st FRUIT/VEG 2nd FRUIT/VEG GRAIN/BREA D OTHER	Turkey & cheese Sub Sandwiches	1ea	1ea	1ea	Diced Garlic Chicken	4oz	6oz	8oz	Spaghetti With Meat Sauce	1oz	1 1/2oz	2oz	Mini Corn dogs	4ea	4ea	6ea	Cheesy Beef hotdogs	1ea	1ea	1ea
	WG Bread				Mashed potatos	1/4c	1/4c	1/2c	WG Pasta	1/2p	1/2p	1p	Wg breading				WG Bun	1	1	1
	Carrots Sub:Cuccumbers	1/4c	1/4c	1/2c					Salad with ranch	1/4c	1/4c	1/2c	Cuccumbers	5ea	5ea	10ea	Cuccumbers	1/4c	1/4 c	1/2 c
	Cutties	1ea	1ea	1ea	Green Beans	1/4c	1/4c	1/2c	Cuccumbers	1/4c	1/4c	1/4c	Watermelon	1p	1p	1p	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
Choose2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD JUICE/FRUIT VEGETABLE	Pretzels	1/3c	1/3c	1/3c	Ranch Ritz Crackers	4ea	4ea	7ea	cinnamon Animal Cracker	1/4c	1/4c	1/2c	Goldfish	1/4c	1/4c	1/4c	Chefs Choice	1/4c	1/4c	1/4c
	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  
 "The USDA is an equal opportunity provider and employer"



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