

Menu #	Monday					Tuesday					Wednesday					Thursday					Friday				
	Food Item	1-2-yr	3-5-yr	6+ yr	Food Item	1-2-yr	3-5-yr	6+ yr	Food Item	1-2-yr	3-5-yr	6+ yr	Food Item	1-2-yr	3-5-yr	6+ yr	Food Item	1-2-yr	3-5-yr	6+ yr					
Am Snack	MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD JUICE/FRUIT VEGETABLE	Water	40z	60z	80z	Water	40z	60z	80z	Chocolate milk	40z	60z	80z	Water	40z	60z	80z	Water	40z	60z					
	Strawberry Pop	1ea	1ea	2ea	Cinnamon toast	1/4c	1/4c	1/4c	Coco Puffs	1/4c	1/4c	1/4c	Mini Wheat Cereal	1/4c	1/4c	1/4c	Captin Crunch cereal	1/4c	1/4c	1/4c					
	Tarts	1ea	1ea	2ea	Crunch Cereal	c	4c	c	Blueberry muffin	1ea	1ea	1ea	French toast sticks	3ea	3ea	6ea	Chocolate chip muffin	1/2p	1/2p	1w					
	Life Cereal	1/2c	1/2c	1c	Strawberry Banana Yogurt	1ea	1ea	1ea	Blueberries	1ea	1ea	1ea	Blueberries	1/4c	1/2c	1/2c	apples	2ea	4ea	4ea					
	Strawberries	1/4c	1/2c	1/2c	Oranges	3ea	a	6ea	apples	2ea	4ea	4ea	Blueberries	c	c	c	apples	2ea	4ea	4ea					
	Sub: Almond, Oat or Lactaid Milk				Sub: Almond, Oat or Lactaid Milk		60z		Sub: Almond, Oat or Lactaid Milk				Sub: Almond, Oat or Lactaid Milk				Sub: Almond, Oat or Lactaid Milk								
	Ham & Cheese Roll Ups	1ea	1ea	1ea	chicken Tacos Shredded Cheeddar Cheese	.50z	1o	1o	Mini Corn Dogs	4ea	4ea	6ea	Chefs Salad Diced ham Shredded	.50z	1o	1o	Chicken nuggets	4ea	4ea	5ea					
	Sliced Ham Cheese Slices	3sl	3sl	3sl	WG Tortilla	1ea	a	2ea	WG Breading				Roll	1/2sl	1/2sl	1w	WG breading								
	Carrots& Dressing	1/4c	1/4c	1/2c	Lettuce & Salsa	1/4c	1/4c	1/2c	mixed vegetables	1/4c	c	c	Lettuce	1/4c	1/4c	1/2c	peas&Carrots	1/4c	c	c	1/4c				
	Sub Cucumbers	c	c	c																					
Lunch	MILK, FLUID MEAT/MEAT ALTERNATE 1st FRUIT VEG 2nd FRUIT VEG GRAIN/BREAD OTHER	Watermelon	1/4c	1/4c	1/4c	Pineapple	1/4c	1/4c	Peaches	1/4c	1/4c	1/4c	Watermelon	1/4c	1/4c	1/4c	applesauce	1/4c	1/4c	1/4c					
	Sub: Almond, Oat or Lactaid Milk				Sub: Almond, Oat or Lactaid Milk		60z		Sub: Almond, Oat or Lactaid Milk				Sub: Almond, Oat or Lactaid Milk				Sub: Almond, Oat or Lactaid Milk								
	Ritz Crackers	4ea	4ea	7ea	Club Crackers	4ea	a	7ea	apple slices	4ea	4ea	4ea	Goldfish	1/4c	1/4c	1/4c	Graham crackers	1/2ea	1/2ea	2ea					
	1% MILK				Cheese Slices	2ea	a	4ea																	
	Sub: Almond, Oat or Lactaid Milk				Sub: Almond, Oat or Lactaid Milk		60z		Sub: Almond, Oat or Lactaid Milk				Sub: Almond, Oat or Lactaid Milk				Sub: Almond, Oat or Lactaid Milk								
	4oz	6oz	8oz	4oz	z	8oz	z	8oz	z	4oz	6oz	8oz	4oz	6oz	8oz	4oz	6oz	8oz	4oz	6oz	8oz				
	PM Snack	Chopped MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/BREAD JUICE/FRUIT VEGETABLE																							
		1% MILK				1% MILK				1% MILK				1% MILK				1% MILK							
		Sub: Almond, Oat or Lactaid Milk				Sub: Almond, Oat or Lactaid Milk		60z		Sub: Almond, Oat or Lactaid Milk				Sub: Almond, Oat or Lactaid Milk				Sub: Almond, Oat or Lactaid Milk							
		4oz	6oz	8oz	4oz	z	8oz	z	8oz	z	4oz	6oz	8oz	4oz	6oz	8oz	4oz	6oz	8oz	4oz	6oz	8oz			
Menu Prepared by: Danielle Williams																									
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KEY Allergy Substitutions are in Italics [C]-Chilled Nutrition Labels																									