

Menu 2

Menu for October 9 2023

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/MEAT ALTERNATE GRANUL BREAD JUICE/FRUIT VEGETABLE	4oz	6oz	8oz	Water	4oz	6oz	8oz	Chocolate milk	4oz	6oz	8oz	Water	4oz	6oz	8oz	Water	4oz	6oz	8oz
Water	1/4 C	1/4 C	1/4C	asorted cereal	1/4 C	1/4 C	1/4 C	Doughnuts	2ea	2ea	3ea	chefs choice	1/4C	1/4C	1/4C	Chefs Choice	1/4C	1/4C	1/4C
Chefs Choice	1/2 oz	1/2 oz	1oz	Cheesy Cheddar Drop Biscuit	1ea	1ea	1ea	asorted cereal	1/2c	1/2c	1c	peachy oatmeal	1/2c	1c	1c	asorted yogurt	1ea	1ea	1ea
asorted bread with jelly	1/2 oz	1/2 oz	1oz	Apples	1/2c	1/2c	1/2	peaches	1/4c	1/2c	1/2c	Apples	2ea	4ea	4ea	asorted yogurt	1ea	1ea	1ea
1% Milk Sub: Almond , Oat or Lactaid Milk	2ea	4ea	4ea	oranges	3ea	6ea	6ea	1% Milk Sub: Almond , Oat or Lactaid Milk	1/4c	1/2c	1/2	1% Milk Sub: Almond , Oat or Lactaid Milk	1/4c	1/2c	1/2c	1% Milk Sub: Almond , Oat or Lactaid Milk	2ea	4ea	4ea
Turkey & cheese Sub Sandwiches	2p 1p	3p 1p	3p 2p	Diced Garlic Chicken	1oz	1.5 oz	2oz	Terriyaki chicken	1oz	1 1/2oz	2oz	Chicken pathys	1/2ea	1/2ea	1ea	Beef hotdogs	1ea	1ea	1ea
WG Bread	2sl	2sl	2sl	WG Roll	1/2 P	1/2 P	1p	wg rice	1/20 z	1/20 z	1oz	wg breeding	1ea	1ea	1ea	WG Bun	1	1	1
Carrots	1/4 C	1/4 C	1/2c	Mashed potatos	1/4 C	1/4 C	1/2 C	broccoli	1/4c	1/4c	1/2 C	peas	1/4c	1/4c	1/2c	Potato Smiles	1/4c	1/4 C	1/2 C
Sub:Cucumbers	1/4 C	1/4 C	1/4c	Green Beans	1/4 C	1/4 C	1/2 C	Tropical Fruit	1/4c	1/4c	1/4 C	Sweet potato frys	1/4c	1/4c	1/2c	Diced Pears	1/4c	1/4c	1/4c
Grapes	1% Milk Sub: Almond , Oat or Lactaid Milk	4oz	6oz	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	1/3 C	1/3 C	1/3c	Cinnamon Ritz Crackers	4ea	4ea	7ea	cinnamon Animal Cracker	1/4c	1/4c	1/2 C	Goldfish	1/4c	1/4c	1/4c	Chefs Choice	1/4c	1/4c	1/4c
Pretzels	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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Allergy Substitutions are in Italics
 (Indicate Allergens in Red)